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Monday, August 13, 2012

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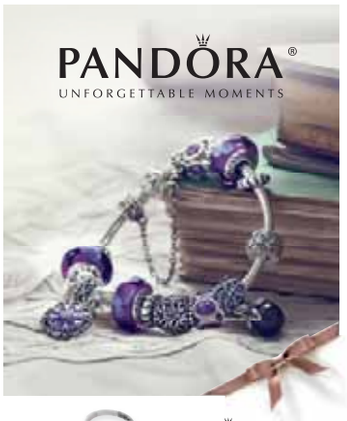

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IT'S GAMES OVER NOW

Rosie MacLennan, right, who won a gold medal for Canada in trampoline, and trampolinist Karen Cockburn sit above the crowd as they celebrate with the Canadian Olympic team at the closing ceremony of the 2012 Summer Olympics in London on Sunday. For more coverage, see pages 26, 28 and 29.

SEAN KILPATRICK/THE CANADIAN PRESS

'He was my life'

Appearance. Accused in beating death to make first court appearance Monday

JEREMY NOLAIS
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Rod and Lolita Lazenby are seen in this recent photo.

PHOTO COURTESY LOLITA LAZENBY

Lolita Lazenby spent her last hours with her husband as she had spent much of the past 20 years.

"We laughed a lot," she recalled. "We always enjoyed conversation with each other. He had a great sense of humour.... He was the soul of the party."

Her husband, Rod Lazenby, a former RCMP member who was working as a Municipal District of Foothills peace officer, was allegedly beaten by the operator of a Priddis dog ranch while attending an animal-related complaint call Friday.

RCMP said Lazenby, 62, was then driven to a district office in Calgary by his alleged assailant. From there he was rushed to hospital, but died.

Trevor Kloschinksy, 46, has been charged with first-degree murder. He is scheduled to make a court appearance Monday morning.

The night before he died, Rod had been busy discussing plans for the future with Lolita, whom he married 20 years prior. The couple had recently moved to Alberta to be closer to family. Together they had five children, with some from previous marriages.

Now, Lolita faces the tough task of planning a funeral.

Arrangements have yet to be made, as the body will not be released until an autopsy is performed Monday.

"I want to see my husband so badly," Lolita said. "He was my life."

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Beiseker

Skydiving soldier injured

A 25-year-old British soldier suffered a broken femur while performing his first jump during skydiving training in Beiseker on Saturday.

"The jumper left the airplane and his parachute opened as per normal," said Ian Flanagan, owner of Alberta Skydivers Ltd., a facility where the British military regularly trains.

"At some point in his descent, the instructor on the ground who was speaking to him by radio asked him to do a 360-degree turn. He started the turn and then just never stopped."

The soldier was not an experienced skydiver, Flanagan said, and was actually attempting his first jump.

The soldier was in critical condition when he was picked up by STARS Air Ambulance, said spokesperson Kelly Brossart. He was taken to Foothills Hospital, arriving shortly after 7 p.m., about an hour after STARS was dispatched.

As of Sunday morning, Flanagan said the soldier remained in hospital with a broken femur, but his injuries were not considered life-threatening and "his prognosis is good."

Skydiving injuries like this are "not common, but not unheard of," Flanagan added.

He said injuries of some type can be expected about once in every 1,500 jumps.

Beiseker is about 75 kilometres northeast of Calgary.

ROBSON FLETCHER/FOR METRO

Construction debris remains along 52nd Street S.E. between 94th and 106th avenues despite an initial timeline that said the road would reopen this month.

DARREN KRAUSE/METRO

Alderman questions construction delays

Closure. Keating says contractors need to be held to a higher level of accountability

JEREMY NOLAIS
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Moving a pipe will see an already yearlong construction project delayed at least two months, and that has the area alderman demanding answers.

Ward 12 representative Shane Keating has submitted a formal request for information after learning a 12-block stretch of 52nd Street S.E. will not reopen until October.

"I want to find out what's going on rather than just settle on it being delayed," he said, adding all he's been told is that crews were forced to transfer some type of transfer pipe.

The project entails constructing two bridges and additional driving lanes along a stretch between 94th and 106th avenues; however, its August 2011 start already came under fire last year as it coincided with province-initiated resurfacing along Deerfoot Trail.

That left just one major artery — Barlow Trail — for southeast Calgary residents hoping to commute to the city core.

The resulting construction headache was enough to lead longtime Copperfield resident Maggie Baker to quit her clerical job.

"It was just ridiculous," she said. "I couldn't take it.... Now, with trying to find a new job, I am looking at location first because I don't want to hate the job before I even get there."

Keating said he was initially told the project was ahead of schedule thanks to unseasonably warm weather.

Now, he wants the city to explore incentives and penalties in future construction contracts for meeting or missing project deadlines.

"The inconvenience to the driver should be considered as part of how we're doing things," Keating said.

The cost

- The total budget for enhancements along 52nd Street S.E. was $10 million.

SMEN 1 NEWS

Mobile news

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'The Chad Tape'

Friends to produce CD in honour of Calgary guitarist

Though Calgarian Chris Reimer, former guitarist for the band Women, passed away earlier this year, his friends are working to ensure his music lives on.

Fellow musician and friend Chad VanGaalen acquired a cassette duplicator and offered to reproduce some of Reimer's solo material to create a cassette to give out to friends.

After his death in February, Reimer's girlfriend Rena Kozak discovered a folder on his computer labelled "The Chad Tape" and decided to move forward with the uncompleted project.

Kozak said what followed was beyond her wildest dreams. "It spread crazy quick," said Kozak.

Intended for Reimer's close friends, Kozak soon learned how in demand his music really was.

The release of the tape was set to take place on Aug. 13, but through the power of the internet, word spread and websites such as RollingStone.com began promoting the music. CANDICE WARD/FOR METRO

Chris Reimer CONTRIBUTED

Victims thrown from car

Mercedes driver charged in crash

Alcohol and speed are factors, police say, in a fatal car crash early Sunday that has led to charges against a 27-year-old Calgary man.

A 38-year-old woman died after a 2009 Mercedes Benz T-boned a Ford F-150 around 3:15 a.m. Sunday, and sent it spinning through the intersection of Bow Trail and Sarcee Trail SW and into a power pole 63 metres away, according to police.

The driver, 50, suffered serious injuries and, like the deceased, was thrown from the car.

Charged in the crash is the driver of the Mercedes, Ramandeep Singh Jaswal, of Calgary. His first court appearance is Aug. 14. METRO

Calgarians pay respect to peacekeepers' sacrifices

Tribute. Street in Garrison Green community named after guest of honour

ROBSON FLETCHER
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More than 200 people gathered at Peacekeepers Park on Sunday morning to pay tribute to Canadians killed and injured in the service of peace worldwide.

"We're commemorating peacekeeping in its many facets," said Maj. Bruce Henwood, the guest of honour at the ceremony.

Henwood lost both his legs below the knees in 1995 during Canada's peacekeeping mission in the former Yugoslavia.

"I hit a landmine and things changed in an instant after that," he said.

The injury ended his military career. Henwood has since campaigned to improve services and benefits provided to soldiers who are injured, both physically and psychologically, in the line of duty.

Calgary-Fort MLA Wayne Cao, who was born in Vietnam and fled the country as a refugee during the Vietnam War, said the ceremony held special meaning for him.

"Canadians as peacekeepers — that's been sort of embedded in my mind since I was little," he said.

"Peacekeeping is needed in the world, particularly now with all the turmoil we have all around us."

After a colour guard presented Canadian and United Nation flags to begin the ceremonies, wreaths were laid at the base of the park's Wall of Honour and the names of fallen peacekeepers were read aloud.

The ceremonies were part of Peackeepers' Day, celebrated each year on the Sunday nearest Aug. 9.

Greatest loss

- Aug. 9, 1974, marked the greatest single-day loss of Canadian peacekeepers. Nine died after a Buffalo aircraft was shot down near Diemas, Syria, during a UN mission.
- Two more names of fallen peacekeepers were added to the Wall of Honour at Calgary's Peackeepers Park in the past year, bringing the total number of names to 275.

Sergeant-at-arms Earl Simpson leads the colour party to open the Peacekeepers' Day ceremonies at Peacekeepers Park on Sunday morning. ROBSON FLETCHER/METRO

Lindsay Grant, left, and Kristen Stuart of Wild About Flowers came to the festival dressed in bright colours and body paint. ROBSON FLETCHER/METRO

Latest Marda Gras crowd keeps the party going after 5 p.m. end time

Tens of thousands of people flooded onto a closed-down 33rd Avenue S.W. Sunday for the 28th annual Marda Gras Street Festival.

The event typically draws between 35,000 to 40,000 visitors, but organizer Michelle Rhode figured this year may have seen even more people attend.

"My guess is it might have been over that, because it was awfully busy," she said shortly after the festival wrapped up at 5 p.m.

But Rhode said many people keep the party going at area bars and restaurants.

"It makes for a fun day down in Marda Loop, that's for sure."

The festival includes a variety of bands, street entertainers, street vendors and food trucks. As part of the Mardi Gras theme, many people come dressed in colourful costumes and sport beads around their necks. The festival is put on by the Marda Loop Business Revitalization Zone and is supported by local sponsors, including Metro News.

"Without sponsorship, we wouldn't be able to do these great festivals in Calgary," Rhode said.

Eriko Bullock and her daughter Juliett, 5, travelled from Beaverlodge, Alta., to attend the festival. They said their favourite part was street entertainer Figo, who incorporated Juliett into his act. ROBSON FLETCHER/METRO

Proceeds

- This year the funds raised for the Marda Loop Communities Association will be used to rebuild a local outdoor hockey rink.

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Spirited pair keeps business running in honour of sister

Dreaming big. Local furniture refinishing company started out as a labour of love

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Build this, paint this, wax that. Tara Jamieson was a bit of a slave driver, admits her sister Avery Lane, but it was driven purely by passion for her craft.

Last year, Jamieson dropped what had become a dull career as an accountant and pursued a longtime dream: renewing furniture.

She started small — purchasing items off Kijiji, refinishing them and then reselling them for a higher price — but soon her efforts grew into a Calgary business known as Lauren Lane Décor.

Lane, meanwhile, would work by day as a roofer and then spend her nights at the shop, helping out wherever possible.

"I didn't have anything to give her but my time," said Lane, who was all the while raising an eight-year-old daughter, Charlee.

The shop was the last place the two sisters would be together.

Jamieson headed up to Peace River in early July to scout retail opportunities. She met up with an old friend, who took her for a ride on an ATV. Sadly, while coming around a bend, the pair was struck by a truck. Jamieson died at the scene.

Lane went on with her busy schedule for two days before learning of her sister's fate. "I just about had a heart attack," she said. "She was all I really had for family."

But, refusing to wallow in grief, the 26-year-old quit her roofing job and stepped in as owner of Lauren Lane Décor.

On the web

- For more information about Lauren Lane Décor, visit laurenlane-decor.ca.

Lane and Charlee now work tirelessly to get the business back on track, but have found some help in a B.C. woman named Kathy van Gogh, a so-called "paint guru" who mentored Jamieson.

"Tara was like an adopted daughter to me," van Gogh said, tears welling in her eyes. "She mentored Avery.... Certainly, this was never part of the plan, but if she hadn't done that, there is no way Avery would have been able to step into this."

Lane said folding the business never crossed her mind. "All of my memories of her were here," she said. "This was our place."

With the help of her daughter Charlee, Avery Lane is carrying on a Calgary furniture-renewal business in honour of her deceased sister Tara Jamieson. JEREMY NOLAIS/METRO

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Residents describe terror and panic as quakes hit Iran

A victim of Saturday's earthquake makes her way on the ruins of buildings in a village near the city of Varzaqan in northwestern Iran, Sunday.
MAHSA JAMALI/MEHR NEWS AGENCY/THE ASSOCIATED PRESS

Heavy toll. Searches for survivors called off with more than 250 dead, 16,000 left homeless

Residents of the zone in northwestern Iran hit by powerful twin earthquakes described moments of terror and panic with birds crowing loudly in warning seconds before the ground shook.

As the death toll rose Sunday to more than 250 with entire villages levelled, rescuers called off searches for survivors and turned their attention to caring for the 16,000 people left homeless.

At least 20 villages were totally destroyed in the quakes on Saturday that were followed by some 36 aftershocks, state television reported. Ahmad Reza Shajiei, a senior government official in charge of rescue operations, said more than 5,000 tents have been set up to shelter the thousands of displaced who spent the night outdoors.

"The walls were shaking and moving from side to side. It took about a minute before I could run out of the house," said resident Morteza Javid, 47, from Ahar. "Seconds before the earthquake, crows were making a lot of noise, but I didn't understand why. It was only after the quake that I learned the crows were warning us."

State television said at least 250 died. The semiofficial Mehr news agency quoted a local official who put the toll at 277. State TV said 44,000 food packages and thousands of blankets have been distributed in the stricken area.

The U.S. Geological Survey (USGS) reported that Saturday's first quake was magnitude 6.4 and struck 60 kilometres northeast of the city of Tabriz at a depth of 9.9 kilometres.

THE ASSOCIATED PRESS

Quoted

"The moment the earthquake hit, it was like a snake biting from underground."
Morteza Javid, from the town of Ahar

Matehuala

Gunmen kill Mexican mayor-elect

Police say gunmen have shot down Matehuala mayor-elect Edgar Morales Perez and a campaign adviser in Mexico while they were returning from a party early Sunday.
THE ASSOCIATED PRESS

Persian Gulf

Destroyer collides with oil tanker

A U.S. navy-guided missile destroyer was left with a gaping hole on one side after it collided with an oil tanker early Sunday just outside the strategic Strait of Hormuz. No one was injured on either vessel.
THE ASSOCIATED PRESS

Poland

Man questioned in Auschwitz theft

A 66-year-old Italian man has been released without being charged after he was questioned over the alleged theft of a piece of barbed wire from Auschwitz museum, Polish police said Sunday.
THE ASSOCIATED PRESS

Caribbean

Rains flood Dominica airport

Rains from a passing tropical wave have flooded an airport and knocked out power to roughly 3,000 people on the eastern Caribbean island of Dominica Sunday. The National Hurricane Center in Miami said Sunday that the tropical wave is moving away from the Lesser Antilles Islands and heading westward at 32 kph. THE ASSOCIATED PRESS

U.S. Health experts target guns as social disease

Is a gun like a virus, a car, tobacco and alcohol? Yes, say public-health experts, who in the wake of recent mass shootings in the U.S. are calling for a fresh look at gun violence as a social disease.

The need for a new approach crystallized last Sunday for one of the nation's leading gun violence experts, Dr. Stephen Hargarten.

He found himself treating victims of the Sikh temple shootings at the emergency department he heads in Milwaukee, Wis.

Seven people were killed, including the gunman, and three were seriously injured.

It happened two weeks after the shooting that killed 12 people and injured 58 at a movie theatre in Colorado, and two days before a man pleaded guilty to killing six people and wounding 13, including then-U.S. Rep. Gabrielle Giffords, in Tucson, Ariz., last year.

"What I'm struggling with is, is this the new social norm? This is what we're going to have to live with if we have more personal access to firearms," said Hargarten, emergency medicine chief at Froedtert Hospital and director of the Injury Research Center at the Medical College of Wisconsin.

THE ASSOCIATED PRESS

Messages of support from around the U.S. are seen on walls inside the Sikh Temple of Wisconsin in Oak Creek on Sunday. More than 100 people gathered for the first Sunday prayer service since a white supremacist shot and killed six people there before fatally shooting himself. JEFFREY PHELPS/THE ASSOCIATED PRESS

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ASSIGNATION

ORDRE est donné à **MOUCTAR GUIRASSY** de comparaître au greffe de cette cour situé au 1, rue Notre-Dame Est, à Montréal dans les 60 jours de la publication du présent avis dans le journal Métro de Calgary.
Avis est donné que si **MOUCTAR GUIRASSY** comparaît, la requête introductive d'instance en divorce sera présenté devant le tribunal le 26 octobre 2012 à 9heures, en salle 2.17 du Palais de justice de Montréal.
Soyez aussi avisé qu'une copie de la requête introductive d'instance en divorce et de l'avis au défendeur a été laissée au greffe, à l'intention de **MOUCTAR GUIRASSY**
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Jack Layton. Olivia Chow welcomes chance to tell late husband's story

SHANE GIBSON
Metro in Winnipeg

She knew Jack Layton better than anyone else in the world, and this past weekend Olivia Chow was in Winnipeg to visit those involved in a movie being filmed about Layton's life.

"Some parts of it are painful, and some parts are joyous," said Chow on set at the Manitoba Legislative Building Sunday, which is doubling as the House of Commons for Smilin' Jack: The Jack Layton Story.

"It's the story of an ordinary person being able to… make a bit of difference in the everyday life of people. I think it's a story that needs to be told," said Chow.

The Toronto MP has spent time in Winnipeg meeting the cast — including Sook-Yin Lee who is portraying her, and Rick Roberts, who's taking on the role of her late husband.

Chow said she worked closely with the writer, producers and director of the movie set to air on CBC next year.

Actor Sook-Yin Lee, left, meets Olivia Chow. SHANE GIBSON/METRO

She even met with Lee and Roberts to help coach them on their roles.

Some scenes would be easier to watch than others, said Chow, admitting a hospital scene depicting the end of Layton's life, set to be shot Monday, would be emotional.

"I don't know how I will handle that — it will probably be pretty traumatic," she admitted.

Despite the ups and downs of the process, Chow said she's very glad Layton's story is being immortalized on film.

"It was difficult but I welcomed it," she explained. "I want Jack's spirit of hope and optimism to continue."

Steadily winning hearts for nine decades

A young crowd surrounds Gus the tortoise as he takes a walk on the lawn of the Museum of Natural History in Halifax during his 90th birthday celebration on Sunday. Cake and lemonade was provided to the kids, while Gus feasted on organic blueberries and strawberries. Museum staff feel Gus may be the oldest living gopher tortoise — they believe he hatched between 1920 to 1925. THE CANADIAN PRESS

Refunds wanted

Chinese citizens pressure PEI for refunds

Chinese citizens who gave money to Prince Edward Island's troubled immigration nominee program say they're angry they haven't been refunded, two years after Ottawa rejected their visa applications.

Qiu Chuanbo, 47, said in an interview that he is owed close to $91,000 after giving money to the program.

THE CANADIAN PRESS

New research

Heavy drinkers also dieting: Study

So-called "drunkorexics" are more likely to engage in unprotected sex and excessive drinking than their peers, says a Simon Fraser researcher.

Grad student Daniella Siekaran found that 40% of those who drink alcohol also diet. The phenomenon, called "drunkorexia," sees mostly women skipping meals so they can drink and not gain weight.

ELIZABETH HAMES/FOR METRO

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Wildfires threaten national treasures in Spain, Cyprus

Parks and historic sites in danger. Blazes on Canary Islands may endanger woodlands 11 million years old, tourist destinations

Fierce wildfires forced the evacuation of thousands of residents and were threatening some of Spain's most precious natural parks, including one that is a UNESCO World Heritage Site, officials said Sunday.

Fires on the Canary Islands of La Gomera and Tenerife led to the evacuation of more than 4,000 residents beginning late Saturday.

By mid-afternoon Sunday, residents were still not allowed to return to 18 towns and villages that had been evacuated, eight on the popular tourist island of Tenerife and ten on La Gomera, the government said.

People watch as brushfires rage in Southern Cyprus's Larnaca district. PETROS KARADJIAS/THE ASSOCIATED PRESS

Officials said there was evidence the fire on La Gomera was started deliberately.

At the heart of this island lies Garajonay National Park, which experts say contains woodlands that have survived since the Tertiary age, 11 million years ago. Garajonay was declared a World Heritage Site by the U.N. cultural agency in 1986 and is a very rare example of the type of humid subtropical forest that once covered almost all of Europe before the arrival of humans.

Meanwhile in Cyprus, authorities have ordered the evacuation of a small, hillside village near the island nation's southern coast as a large brushfire continues to rage out of control.

Larnaca district officer George Antoniades told state broadcaster CyBC that the evacuation of Skarinou is strictly precautionary as the fire has still not encroached on village homes.

The blaze started Sunday afternoon and spread quickly because of strong winds, scorching many hectares of trees and wild brush.

THE ASSOCIATED PRESS

Where the buffalo run

Drivers hold on tight during a buffalo race in Jembrana, on the island of Bali in Indonesia Sunday. More than 300 buffaloes participated in the "mekepung" (buffalo race), a traditional thanksgiving ritual after a successful harvest. FIRDIA LISNAWATI/THE ASSOCIATED PRESS

Syria

Opposition calls for no-fly zone

The head of Syria's main opposition group in exile called Sunday for international powers to impose a no-fly zone in border areas to protect civilians who are coming under increasingly intense attacks by regime warplanes.

The president of the Syrian National Council, Abdelbaset Sieda, renewed the plea a day after U.S. Secretary of State Hillary Rodham Clinton said Washington and Turkey were discussing a range of steps including a no-fly zone over some parts of Syria as the regime uses its air force to attack rebels. THE ASSOCIATED PRESS

London

U.K. PM to host hunger summit

British Prime Minister David Cameron and Brazil's vice president, Michel Temer, will host a Global Hunger Event Monday in London, in the hopes of finding new ways to tackle malnutrition. THE CANADIAN PRESS

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Romney sharpens campaign with running-mate selection

Reaction. Obama campaign casts Paul Ryan as outside the political mainstream

Republican presidential candidate, former Massachusetts Gov. Mitt Romney, left, listens to his vice-presidential running mate, Rep. Paul Ryan R-Wis, in High Point, N.C. MARY ALTAFFER/THE ASSOCIATED PRESS

The running mate

- Wisconsin congressman Paul Ryan, 42, is a generation younger than the 65-year-old Romney.
- He is viewed by some Republicans as a bridge between the buttoned-up party establishment and riled-up conservative activists who have never warmed to Romney.

Matthew Ricali, of Charlotte, N.C., wears a T-shirt image of Republican presidential candidate Mitt Romney, made up like Jean Simmons of the rock band Kiss, while attending a campaign event at the NASCAR Technical Institute on Sunday in Mooresville, N.C. MARY ALTAFFER/THE ASSOCIATED PRESS

Republican presidential candidate Mitt Romney sharpened the choice for American voters by picking Rep. Paul Ryan as his vice-presidential running mate, linking himself to a politician with an austere vision of government spending on social safety net programs for the elderly and poor.

Romney's choice suggested that he had accepted the arguments of powerful conservative forces in the Republican Party who argued that he could not capture the White House in the November election by simply portraying himself as a successful businessman with sweeping but vague outlines for economic recovery.

Until he chose Ryan, the former Massachusetts governor had been campaigning on a message that President Barack Obama, who had never been part of the profit-driven, rough-and-tumble business world, had failed in setting the country on a course of robust recovery from the worst economic downturn since the Great Depression of the 1930s.

Conservatives, from The Wall Street Journal editorial page to the rank and file, had been clamouring in recent days for Ryan, although the Romney campaign said the decision was made on Aug. 1. The announcement came as polls showed Obama with a narrow advantage and the number of undecided voters diminishing.

By aligning with Ryan, a seven-term congressman from Wisconsin, Romney has created a Republican ticket with economic overtones that will appeal deeply to the conservative Republican base, which favours small government and low taxes. THE ASSOCIATED PRESS

Pre-announcement

Going to a lot of trouble to keep the secret

After Mitt Romney decided on a running mate, Paul Ryan's carefully planned transition from congressman to vice-presidential candidate began — in deep secret.

Almost a week ago, Ryan snuck through Chicago's O'Hare airport in a baseball cap and sunglasses and flew to New England. A Romney adviser's 19-year-old son picked up Ryan and drove him to a private meeting in his parents' dining room where the deal was sealed.

By Friday afternoon, Ryan was cutting through the Wisconsin woods behind his home to evade a reporter, and heading to North Carolina. By night, he was eating Applebee's takeout at a non-descript chain hotel in that state and preparing for his big debut speech, according to a top Romney campaign aide.

All this so that no one would see it coming: A Saturday-morning unveiling of the Republican ticket in Norfolk, Va.

THE ASSOCIATED PRESS

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- Outstanding communication skills
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- Must be a team player with a great, and we mean great, sense of humor

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 14, 2012. PLEASE QUOTE: "Office Manager - Calgary" in the subject line. All submissions will be treated as confidential.

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Egyptian armed forces Chief of Staff Sami Anan performs prayers for the 16 Egyptian soldiers who were killed in Cairo on Aug. 5. The spokesman for Egypt's president says Mohammed Morsi, the country's Islamist leader, has retired the minister of defence and chief of staff. AMR NABIL/THE ASSOCIATED PRESS

Morsi shakes up military brass

Egypt. Islamist leader appoints senior judge Mahmoud Mekki as vice-president

Egypt's Islamist president Mohammed Morsi ordered the retirement of the defence minister and chief of staff on Sunday and cancelled the military-declared constitutional amendments that granted the top generals wide powers previously reserved for the head of state.

Morsi appointed outgoing Defence Minister Field Marshal Hussein Tantawi and Chief of Staff Gen. Sami Anan as presidential advisers.

Morsi also ordered the retirement of the commanders of the navy, air defence and air force. THE ASSOCIATED PRESS

Incoming VP

Mahmoud Mekki is a pro-reform judge who publicly spoke against election fraud during Hosni Mubarak's 29-year rule before last year's uprising.

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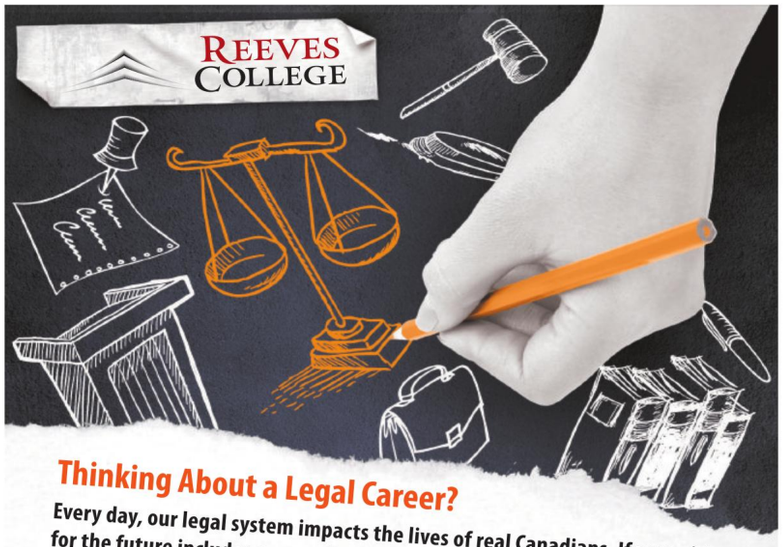

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Online piracy. Google cracks down on repeat copyright offenders

Google is altering its search results to de-emphasize the websites of repeat copyright offenders and make it easier to find legitimate providers of music, movies and other content.

The move is a peace offering to Hollywood and the music recording labels. This year, Google joined other Silicon Valley heavyweights to help kill legislation that would have given government and content creators more power to shut down foreign websites that promote piracy.

The Motion Picture Association of America issued a lukewarm response, saying it was "optimistic" the change would help steer consumers away from piracy.

"We will be watching this development closely — the devil is always in the details," MPAA senior executive president Michael O'Leary said in a statement.

This week, Google will start using "valid copyright removal notices" to rank its search results, according to a Friday blog post by Google's senior vice-president of engineering, Amit Singhal.

Google typically ranks websites based on how many other sites link to them, on the belief that sites that get more links are more trustworthy and useful. But Google also regularly tweaks its formulas to reflect special circumstances.

In this case, sites with high numbers of copyright-removal notices may get bumped down in rankings. In effect, that will help users find legitimate sources of content without removing any pages from its results completely. Google did not elaborate on what it considers to be valid notices.

THE ASSOCIATED PRESS

Google announced Friday that it will start using "valid copyright removal notices" to rank its search results starting this week. JUSTIN SULLIVAN/GETTY IMAGES

GOOD NEWS TODAY

How well do you know God? A little, a lot, not at all? No matter your answer, there is so much more to God than you already know. And the more of Him you know the more of His greatness He displays in your life. Do you know Jesus?

(2 Corinthians 3:18, And God makes us more and more like Him as we are changed into His glorious image)

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Olympic volunteers like Samuel Head, seen here helping with crowd control on Friday in London, show England's banks that "motivation does not come from financial incentives alone," said Bank of England governor Mervyn King. JEFF J. MITCHELL/GETTY IMAGES

Banks can learn from Olympics: BoE head

Sporting spirit. Mervyn King suggests Britain's financial sector would do well to borrow from London 2012's playbook

Britain's scandal-tainted bankers could learn a thing or two from the country's athletes after these Olympics, the country's central banker says.

In a newspaper editorial Sunday, Mervyn King wrote that the London Olympics showed it was wrong to argue that massive bonuses were needed to motivate people to do well.

King said the success of Olympians and the pride of the 10,000 volunteers at the Games showed that "motivation does not come from financial incentives alone."

"The financial sector has done us all a disservice in promoting the belief that massive financial compensation is necessary to motivate individuals," he wrote in the Mail on Sunday.

"Look at the success of the volunteers whose presence at the Olympic Park and around London did so much to create the atmosphere of happiness that pervaded the games."

The recent scandals that have rocked Britain's financial world showed that "banks could learn a thing or two about fair play from the Olympic movement," he said.

Quoted

"Banks could learn a thing or two about fair play from the Olympic movement."

Mervyn King, Bank of England governor

King's comments come as the reputation of Britain's banking industry — which took a body blow during the global financial crisis — has hit new a low.

British banks have long been in the dock over misselling of insurance and interest-rate products to consumers and small businesses. But more recent scandals have provided new shocks.

Last month Barclays was forced to pay a $453-million US fine for manipulating a key market interest rate.

HSBC, another big London-based bank, faces fines of up to $1 billion after the U.S. Senate issued a damming report alleging it had failed to stop the laundering of Mexican drug money.

Back in May, JPMorgan Chase & Co. disclosed a surprise $2 billion trading loss — later upgraded to nearly $6 billion — racked up by its London office.

Most recent were allegations, out of New York, that U.K. bank Standard Chartered had spent years laundering Iranian oil money.

King isn't the first to argue that British Olympians — who are basking in the glow of a huge haul of gold medals — could set an example for other sections of society.

England manager Roy Hodgson said Saturday he wanted the country's soccer players to behave more like Olympians, underscoring fans' unhappiness with a "season of shame" marred by two high-profile racism cases. THE ASSOCIATED PRESS

bodhi

You are all invited to join us for Meditation on Twin Hearts and Superbrain Yoga on Friday evenings at 7:30 PM. This is very simple, yet very powerful meditation with Physical, mental, & Psychological benefits. This meditation is free and open to people 16 years and older. For learning more about this meditation, call us at 403-918-6225/email at cpha.alberta@gmail.com

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Go Team Hawaii!

It's finally time Hawaiians came to Calgary, instead of the other way around.

The World Va'a Outrigger Canoe Sprint Championships is bringing them to Calgary's Glenmore Reservoir — along with hundreds of others from the South Pacific — from Aug. 11 to 15 (vaaworldsprints2012.com).

One of the Maui canoeists is sitting next to me on our vacation flight back to Calgary. Before long he's asking about the wind and currents of the Glenmore Reservoir. We can see it from the plane.

I'd done some rowing this summer, so have a bit of reservoir knowledge.

He's got a question: He can't figure out why the competition is in Calgary.

Later, event organizer Kristine Malmqvist tells me it's the first time these world canoe championships have been held so far north, and so far inland.

"Canoeing is to the South Pacific like hockey is to Canadians," she says. Sadly, Air Tahiti went on strike, stranding its paddlers. Yet some 1,200 athletes have made it. Hawaii has the most paddlers, with 318 here.

Paddles up!

North and inland? It's no easy feat to be an outrigger canoeist in Calgary. Athletics are third on the city's priority list for the Glenmore Reservoir.

This is an aboriginal sport, so it's gratifying to see under-16 boys from Tsuu T'ina, coached by Linda Roberts, compete. They are joined by dozens of Calgary paddlers.

North and inland? It's no easy feat to be an outrigger canoeist in Calgary. Athletics are third on the city's priority list for the Glenmore Reservoir, after drinking-water quality and water flow of the Elbow River.

In June, the city shut down the reservoir to manage water flow, forcing canoeists out to Ghost Lake, and rowers to Chestermere.

Forget the seas of the South Pacific. Glenmore's water is glacial, so all athletes are required to use a waist flotation device or life jacket. There's an exemption for this competition.

The sprints are fun to watch. Malmqvist advises coming to the popular "turn around" canoe races this week. You can take in the competition by bike, or, for $5, you can drive and park at Mount Royal University lots A and B and take the shuttle to the reservoir. Monday night features a barbecue, sponsored by Pengrowth, for $7, with paddlers providing the entertainment of chants and dances. Talisman sponsored the opening ceremony.

When you see how Calgarians chip in to make these canoe championships happen, it makes you think one thing: The Olympics should come back to Calgary — winter or summer, north and inland, we have a city with volunteers who can pull it off.

Calgary's canoe attitude: Outriggers are here. JONATHAN MOORE/GETTY IMAGES

What a little Barry White can do

GARETH FULLER, PA/THE ASSOCIATED PRESS

Flamingo babe

Sexy crooner aids breeding birds

A two-week-old unsexed Chilean flamingo is encouraged from its nest by its mother Gabriella, centre, as its father Maurice stands guard at Drusillas Park in Alfriston, southeast England, on Friday.

Earlier in the year, Barry White songs were played to the birds to encourage breeding.

THE ASSOCIATED PRESS

The mating game

- Chilean flamingos live in large flocks in the wild and require crowded conditions to stimulate breeding.
- During breeding season, males and females display a variety of behaviours to attract mates, including head flagging — swivelling their heads from side-to-side in tandem — and wing salutes, where the wings are repeatedly opened and closed.
- Males and females co-operate in building a pillar-shaped mud nest, and both incubate the egg laid by the female.

- Upon birth, the chicks have gray plumage; they don't gain adult coloration for two to three years.
- Both male and female flamingos can produce a nutritious milk-like substance in their crop gland to feed their young.

Source: Lincoln Park Zoo

With a leg to stand on

1

The Chilean flamingo often stands on one leg, tucking the other beneath its body to preserve body heat.

With tall, thin legs and a long, flexible neck, the Chilean flamingo can reach up to 40 inches in height.

What appears to be the bird's knee is actually its ankle — the joint bends backward rather than forward.

Rain or shine, Airdrie's free Kids Camp is one heck of a great summer place to play

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one:

If you squeezed all of summer's goodness into one week, you'd have Airdrie's second annual Kids' Camp.

Best of all, the younger residents of Airdrie, from kindergarten to Grade 6, enjoyed everything camp has to offer — T-ball, soccer, basketball, and arts and crafts — without the fees.

The free camp came courtesy of the local Genesis Church, but was open to everyone in the community — and it was a huge hit with local youth.

"(The other day) it was raining," says camp organizer Rob Allain, who watched as the parents assumed the inclement weather would cancel the day's events, "but the kids didn't want to go (home)."

Even better: Dozens of local teens took time from their busy (texting) schedules to volunteer.

More than 30 teens skipped a week of sleeping-in to act as role models, soccer coaches and art teachers for their younger peers.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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SCENE

All stunts, no doubles as these stars earn their stripes

Boot camp reality. Celebrity recruits are put to the test in new TV series that has them competing in army-style events against seasoned pros

Starting this week, you can watch actors and actresses leap from buildings and battle armies of invaders, emerging victorious and unscathed. Viewers may chalk it all up to stunt men and women and digital special effects. Today's pampered celebrities wouldn't survive five minutes in a real combat zone, right?

Take that back, soldier. Eight celebrities set out to prove that they really do have what it takes to be real-life responders in the boot camp reality series Stars Earn Stripes (premiering Monday at 8 p.m. ET on NBC, 9 p.m. on Global).

The celebrity recruits were on hand to meet the press at the recent TV critics tour in Los Angeles, including boxer Laila Ali; former TV Superman Dean Cain; actor and former NFLer Terry Crews (now on The Newsroom); The Sing Off host Nick Lachey; Alaskan outdoorsman and political spouse Todd Palin; Biggest Loser trainer Dolvett Quince; former Winter Olympian Picabo Street; and WWE diva Eve Torres.

Posters for the series, showing the gun-toting celebs running next to the slogan, They're Not in Hollywood Anymore, give it a Tropic Thunder vibe.

Jack Osbourne was apparently hoping to earn his "Stripes" until news emerged that he was diagnosed with multiple sclerosis. Executive producer David Hurwitz admits Osbourne was in talks to join the series but "prior to us making our decision, it was found out that the rigours of the show were too intense for him." Mom Sharon disagrees and has announced that she is leaving NBC' America's Got Talent as a result.

These celebrity recruits have set out to prove they have what it takes to be real-life responders. HANDOUT

A few of the celebrities who made the cut almost wished they hadn't. The series was shot over a few weeks at the beginning of this summer. The eight celebs had to compete in actual army-style events against eight real life Special Operatives, including former Navy SEALs, army special forces Green Berets, SWAT commanders and a current member of the Orange County sheriff's department.

"I thought this was going to be the same old corny military show where they've got the obstacle courses and BB guns," says former Navy SEAL Grady Powell.

"That was the farthest thing from Stars Earn Stripes. We're jumping out of helicopters. There are people crying. Might see me cry."

"There was a moment," adds Lachey, "when going through my mind is, 'What in the world have I gotten myself into here?'"

"I can say I almost drowned, and that is for real," says Crews. The fit and rugged actor quickly found out that having just five per cent body fat "don't work for swimming."

He felt one of the Ops grab him from the back of his pack and haul him out of a river as he was going down for the third time. "If this had been a real, live operation, I would have died. That is the truth."

Crews points out that this competition, in a way, goes against the whole notion of army training.

"The military is not a competition. In fact, your best soldier might die first."

Still, like the others, he wanted to be involved to pay homage to the real men and women in uniform. Money is raised for charities such as the Wounded Warrior Project and the Military Child Education Coalition. Former NATO Supreme Allied Commander General Wesley Clark helps host the series, and acknowledges that if younger viewers who tend to watch reality television are inspired to enlist through Stars Earn Stripes, that's OK with him.

Crews says the one to watch on the series is probably the least well-known celebrity: Todd Palin.

"It was life changing," says the Alaskan outdoorsman, who was accompanied to NBC's press tour party with his more-famous wife. "I did things I'd never thought I'd be doing," he added.

THE CANADIAN PRESS

What about Sarah?

Todd Palin, Sarah Palin's husband, is used to hanging out in the shadows when it comes to the spotlight. But for Stars Earn Stripes, Sarah says she's happy to hand over centre stage to Todd. Todd is a "world champion snow machine racer, he's got all the physicality that's required, a lot of mental toughness too," said the former Alaska governor. "I'd have to do a whole lot of push ups," she said, adding "politics are pretty brutal, too."

On the web

American Idol winner Phillip Phillips received Olympic exposure with debut single Home

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Angelina Jolie and Brad Pitt. ALL PHOTOS GETTY IMAGES

Pitt and Jolie spark much ado about nothing

Rumors raged this weekend that a party Brad Pitt and Angelina Jolie were throwing for Pitt's parents' anniversary at their French estate was actually a cover for the famous couple's wedding, with the Sun even confirming a guest list of about 20 people — including Jolie's jeweler.

But not only was there no wedding, there apparently wasn't even a party for the elder Pitts, according to photo agency X17.

"We sent an X17 photographer all the way down to the south of France — it's pretty much in the middle of nowhere — to check out Brad Pitt and Angelina Jolie's chateau Miraval to see just what's going on," the agency gripes on its site about the move.

"There's nothing going on."

Anna Faris.

Friends of Faris promoting her parent skills

Anna Faris and Chris Pratt are looking forward to the arrival of their first child this fall, a friend tells Us Weekly.

"They planned for this baby, and now seemed as good of a time as ever," the source says. "They really will be the best parents."

And if Faris' pregnancy is any indication, motherhood will be a piece of cake.

"Maybe it's just her energy, but she hasn't been having trouble with the pregnancy at all," the pal says.

The Word

Perry pairing up with Mayer

THE WORD
Amber Ray
scene@metronews.ca

It looks like Katy Perry's got a type... tall, dark and grungy. After splitting with hubby Russell Brand last year, the Wide Awake singer now seems to be getting cosy with another member of the shower-averse club: John Mayer.

The two, who shared a dinner date earlier this month and have been spotted around Hollywood since, were recently snapped leaving a house party in Los Feliz, Calif., over the weekend, TMZ reports.

So is the Hollywood playboy who's been linked to a slew of A-list ladies, including Jennifer Aniston, Jessica Simpson and Taylor Swift, Perry's new knight in shining armor?

"She's not talking like he's 'the one,'" a pal of Perry's tells People magazine. "She's comfortable around guys who understand the craziness of that world, which he definitely does."

If Perry has indeed found a man who understands her kind of world a technicolour dreamland with purple wigs and whipped-cream-spewing bras we can't help but wonder what John Mayer really has been putting in his pipe all these years.

Jada Pinkett Smith

Smith smacks down divorce rumours

Jada Pinkett Smith is working hard to shake the ongoing rumors that she and Will Smith are splitting up.

"We're not getting a divorce," she tells Essence magazine. "Where am I going to go? That's my boo. It's like he's another part of me."

The rumors began cropping up earlier this year, and the couple's multiple denials have done little to quash them.

Twitter

@usainbolt
Thanks to all my real fans and people who believe in me. I am now a living legend that's for sure.

@ryanlochte
Finally going to be able to go on the double decker bus and get a tour of London. So excited. #Jeah

@TomDaley1994
Let the madness begin!!!

@serenawilliams
Gold Medal!!!! I can't believe it. I got the singles gold!!!!!! I'm gonna sleep in it tonight!

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Arts and Crafts

Tie-dye without all the mess!

The kids will love these T-shirts you can make together. All you need is: Sharpie permanent markers, isopropyl rubbing alcohol, a medicine dropper and a cotton T-shirt.

1. Slide T-shirts onto cardboard so the ink won't bleed through to the back.
2. Draw your design. Go crazy!
3. Using the medicine dropper, squeeze out 10 drops of rubbing alcohol in the centre of your picture. Depending on the size of the image, you'll need about 10 drops and you can adjust as you go.
4. Let dry (we used a hair dryer to dry them more quickly).
5. Wear your amazing art.

SHARON DEVELLIS

Make a tie-dye T-shirt with Sharpies. ISTOCK

Numbers before bed

Math Lessons

New Jersey mom Laura Overdeck has devised a blog called Bedtime Math (bedtimemathproblem.org), which challenges kids to tackle a math problem before bed. The site offers a no-pressure approach to sharpening up numeracy skills. YUMMYMUMMYCLUB.CA

On the Web

Grandma is aghast that Mommy put you in a skull-and-crossbones onesie. It's not a gateway to gang membership — it was from Baby Gap! Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

What makes a mommy?

Parenting. One foster mom shares her thoughts on the coveted 'mom' title

KAREN ELLIOTT
YummyMummyClub.ca

Should children call their foster parents 'mom' and 'dad'? ISTOCK

"So, you're not her REAL mother." I had to breathe deeply as I turned and walked away, with two-year-old Allie in tow.

I did not give birth to Allie. I'm her foster mother. I am the one who feeds her and clothes her; the one who gets up with her at night when she can't sleep; the one who cleans up spilled milk and crayon wall art — every single day.

And, yet, despite this, I'm not allowed to cut her hair, take her on vacation, sign school permission forms without signed letters of approval. I'm not her legal guardian — or even considered her parent.

So, who am I?

Every 90 days, I meet with Children's Aid and Allie's biological mother to discuss the type of care that I am providing.

I have to listen to this woman — who has never been a parent since Allie went straight to foster care at birth — and her wishes about how her child needs to be fed, clothed and parented.

How I need to take her to a specific doctor, in another neighbourhood, an hour away, for checkups. How I need to go to a specific church on Sundays. How I have to dress her in pink more, so people don't think she's a boy.

And how I have to encourage her to call me something other than "Mommy."

Allie's biological mother has never been with her daughter for more than two hours at a time — and only in an office where she is closely supervised.

"Mom" has never taken Allie to the park, given her a bath or put her to bed.

I'm the one teaching manners, surviving potty training and enforcing timeouts for bad behaviour.

Maybe one day, Allie will be able to return to her biological mother, but until that happens, I am the one who is parenting this little girl.

And until that time, "Mommy" is the only title I can see that fits.

And why wouldn't it? My own children call me mommy daily, why would I expect my foster children to call me something different?

No one in our house is treated differently. Everyone gets the same love and attention, eats the same food, and shares the same toys.

Last week, I drove Allie to the Children's Aid office for her regular visit and a social worker walked Allie to the front door where her biological mom was waiting. I heard the worker say, "Look! It's mommy!" and then I saw Allie turn around, point to me and announce firmly, "DAT'S my mommy." I had to smile.

Raising a child is what makes you a parent. It has nothing to do with the uterus you came from.

On the Web

Grandma is driving Mommy crazy. Scan this code or visit metronews.ca/voices to find out why.

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Bring professional chef-style creativity and taste to your kitchen with this chic take on fish tacos. They're the perfect small bite for your next summer soiree.

For an extra kick, add diced jalapeno peppers.

This recipe makes eight to 10 servings. THE CANADIAN PRESS H/O

Ingredients

- 4 rock lobster tails, cooked
- 500 ml (2 cups) cubed watermelon (cut into 1-cm/1/2-inch pieces)
- 2 avocados, peeled and cut into 1-cm (1/2-inch) thick pieces
- 2 papayas, cut into 1-cm (1/2-inch) cubes
- 125 ml (1/2 cup) fresh coarsely chopped cilantro
- 125 ml (1/2 cup) fresh lime juice
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) jerk seasoning
- Salt and pepper, to taste
- 8 to 10 taco shells
- 1 head iceberg lettuce
- 30 g (1 oz) shredded coconut

1. Cut lobster tails in half lengthwise (remove vein) and cut into 1-cm (1/2-inch) thick pieces.

2. Combine lobster with watermelon, avocados, papayas and cilantro.

3. Pour lime juice into a small bowl and slowly whisk in honey and jerk seasoning. Pour over lobster mixture and refrigerate for 1 hour, stirring occasionally.

4. Divide lobster mixture among 8 to 10 taco shells and garnish with lettuce and coconut. THE CANADIAN PRESS/ NATIONAL WATERMELON PROMOTION BOARD, WATERMELON.ORG

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Tim Hortons' chilled drinks are a Canadian staple during the summer. However, what they're made with makes all the difference.

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Equivalent

This iced drink is equivalent to almost an 8 oz. New York Strip in calories.

Medium Iced Capp made with chocolate milk (14 oz)

230 calories / 1 g fat
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Chicken Tostadas. Make your own version of Latin American street eats

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2. In another bowl, whisk oil, lime juice, 5 ml (1 tsp) of the chipotle and salt; pour over chicken mix and toss. Add more chipotle, if desired.

3. Heat tostadas or grilled tortillas just until warm. Spread each with guacamole; top with chicken mixture.

Ingredients

- 500 ml (2 cups) thinly shredded, grilled, leftover or deli-roasted chicken
- 250 ml (1 cup) shredded green cabbage
- 250 ml (1 cup) corn kernels (about 2 cobs), raw or barely cooked
- 2 plum tomatoes, diced
- 2 green onions, thinly sliced
- 50 ml (1/4 cup) chopped fresh coriander
- 45 ml (3 tbsp) olive oil
- 20 ml (4 tsp) lime juice
- 5 to 10 ml (1 to 2 tsp) minced canned chipotle pepper
- 1 ml (1/4 tsp) salt
- 4 corn tostadas (about 15 cm/6 inches in diameter)
- 125 ml (1/2 cup) guacamole

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Fashion designer Diane Kroe is enjoying her success more after altering her lifestyle and priorities. DIANEKROE.COM

Designer Diane Kroe feels richer after she redefined 'successful'

New plan. Giving up just one part of her fashion business allowed her more time for family, other important parts of life

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Diane Kroe was a reluctant ballerina. At the age of 7 she was accepted into a prestigious ballet school but she found herself more excited about the costumes than dancing. Kroe followed her heart and after a remarkable rise through the fashion world, she became an in-demand clothing designer with her own retail store. She seemed to have it all but when a close friend was diagnosed with brain cancer, Kroe took stock of her own life.

"I sat there and thought, 'I'm so busy I can't even take my kids to Disneyland.'"

Diane did some soul searching and then came up with a new plan. She gave up her store and began hosting fashion trunk shows across Canada. She will expand internationally soon with online shopping.

Becoming automated and hiring the right people are the keys to her new success.

"I think a lot of entrepreneurs are stuck being in control of everything. Find the right people, train them and then let go. I can't believe I wasn't doing this 10 years ago."

Designing success

1. Define what success means to you and use it as the foundation for your business.

2. Always focus your energy on the product/service you offer that brings you the largest profit margin and let everything else come to you.

3. Automate your business as much as possible and give yourself the freedom to enjoy your success.

4. Finance as much as you can on your credit card, pay it off on time while building your credit and make sure to collect all the travel miles to cover your travel expenses. (This trick saves me thousands of dollars every year on interest and travel.)

5. Never stop learning and growing ... you and your business must change and evolve with the world around you.

Getting over the shock of going back to work

JULIA WEST
Metro World News

Extended unemployment can make going back to work feel like diving into icy cold water — it can be a shock. But if you stick in one toe at a time, you'll get acclimated much sooner.

While you're getting your feet wet, make sure that you understand what you're getting yourself into. "Try to get a clear picture from your boss, before you start, of expectations for the first week, month and quarter. This way you can pace yourself right from the start," explains Caroline Ceniza-Levine, co-founder of SixFigureStart.

Splash around a little to explore your surroundings. "Once you're back to work, don't be afraid to ask questions," says Caitlin Day, education and outreach manager at Career Wardrobe. "Your co-workers and supervisors were new once too, and should be able to offer you tips on how to fit into your new environment as well as answer questions about your role." It's expected that you rely on co-workers to help you understand the new position, so take advantage of their expertise.

Allow yourself time to focus on your new position without getting distracted by outside factors. Michael Timmes, HR specialist at Insperity, suggests that you "reach out to family and friends to let them know that your schedule is changing and that you may not be as accessible as you were when you were unemployed. Most people will understand that you're busy getting to know your new job and will afford you some extra space."

Good work!

Timmes makes another great point: Be proud of yourself.

"You found a new job, which is great. Be sure to recognize and celebrate your achievement." It's completely acceptable to ease your way back to work, rather than taking the plunge all at once.

Getting used to a new job after long-term unemployment can be daunting, but there are a few ways to help you adapt more quickly. ISTOCK PHOTO

Quoted

"Once you're back to work, don't be afraid to ask questions. Your co-workers and supervisors were new once too."

Caitlin Day. Education and outreach manager at Career Wardrobe.
Explaining one of the best strategies for getting acclimated to a new workplace.

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Tennis

Djokovic makes it two in a row at Rogers Cup

Novak Djokovic won his second straight Rogers Cup title and third overall with a 6-3, 6-2 victory over Richard Gasquet of France on Sunday night.

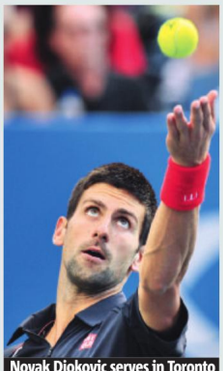
It's the top-seeded Serbian's first title since winning the ATP Masters in Miami four months back and comes exactly a week after losing a bronze-medal match at the London Games.

The victory came under clear skies at Rexall Centre in Toronto after a week of frustrating rain disruptions that forced Djokovic, among other players, to play twice on Friday and late into Saturday night.

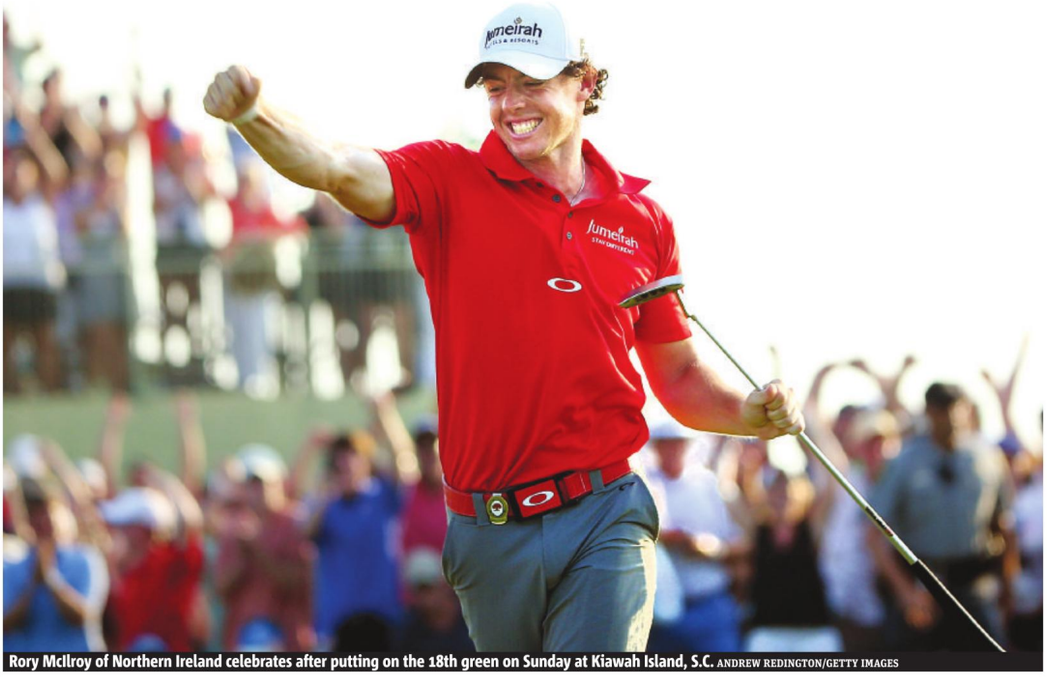
Despite the win, he will remain ranked second in the world behind Roger Federer, who pulled out of the tournament because of a scheduling crunch with the Olympics.

Gasquet, the 14th seed at the tournament, was making his first Masters 1000 finals appearance since losing to Federer in Toronto in 2006. He's now lost to Djokovic in seven of their last eight meetings.

THE CANADIAN PRESS



Novak Djokovic serves in Toronto on Sunday. THE CANADIAN PRESS



Rory McIlroy of Northern Ireland celebrates after putting on the 18th green on Sunday at Kiawah Island, S.C. ANDREW REDINGTON/GETTY IMAGES

McIlroy tears one-hit wonder tag asunder

Golf. Irish star, 23, claims second major title with dominant win at PGA championship

Right down to his red shirt, Rory McIlroy looked every bit the part of golf's next star in another commanding performance at the PGA Championship.

McIlroy validated his record-setting U.S. Open win last year by blowing away the field on Sunday at Kiawah Island in South Carolina. One last birdie from 25 feet on the 18th hole gave him a six-under 66 for an eight-shot victory, breaking the PGA Championship record for margin of victory that Jack Nicklaus set in 1980.

"It was a great round of golf. I'm speechless," McIlroy said after hoisting the Wanamaker Trophy, the heaviest of the four majors. "It's just been incredible. I had a good feeling about it at the start. I never imagined to do this."

The 23-year-old from Northern Ireland returned to No. 1 in the world, and he became the youngest player since Seve Ballesteros to win two majors. Tiger Woods was about four months older than McIlroy when he won his second major.

Just like the U.S. Open, this one was never seriously in doubt.

McIlroy seized control with back-to-back birdies on Sunday morning to complete the storm-delayed third round with a 67 and build a three-shot lead. No one got closer than two shots the rest of the way, and McIlroy closed out a remarkable week by playing bogey-free over the final 23 holes of a demanding Ocean Course.

David Lynn, a 38-year-old from England who was playing in America for the first time, won the B-flight. He closed with a 68 and was the runner-up.

Woods, who shared the 36-hole lead for the second time this year in a major, was never a serious contender. He tossed away his chances Saturday before the storm blew in and never could get closer than four shots. He closed with a 72.

If there was a signature shot for McIlroy at Kiawah Island, it might have been on Saturday when his tee shot lodged into a tree on the third hole. He only found it with help from the TV crew, took his penalty shot and fired a wedge into six feet to save par. He was on his way, and he never let up.

By winning the PGA Championship, McIlroy is halfway home to the career Grand Slam.

THE ASSOCIATED PRESS

By the numbers

8

Rory McIlroy also won last year's U.S. Open by eight shots.

4 SPORTS

Mobile sports

Forget the medal standings. Britain is the big winner at these Olympics, with huge crowds lining glorious backdrops and athletes draped in the Union Jack. Canada's storyline is somewhat more complicated, however. Scan the code for the story.

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The captain of Canada's women's soccer team, Christine Sinclair of Burnaby, B.C., was named the flag bearer for the closing ceremony on Sunday at the Canadian Olympic Committee closing press conference for the London Games. NEIL DAVIDSON/THE CANADIAN PRESS

Canadian Olympians give Games thumbs up

London 2012. Glowing reviews for organizers thanks to few issues and fair weather

Quoted

"We're happy we were here and we're proud to represent our country. And I couldn't be more proud to be Canadian, that's for sure." Kayaker Ryan Cochrane

The reviews are in and they're overwhelmingly positive.

Boosted by co-operative weather and few logistical, food and travel issues, several prominent Canadian athletes gave a big thumbs up to the London Games as the Olympics came to a close Sunday.

"It's been perfect," said Canadian soccer star Christine Sinclair. "No issues, the people are so friendly, everything has been so organized. It's been tremendous."

Sinclair was named Canadian flag-bearer after guiding the national women's team to a bronze medal. She also competed for Canada at the 2008 Games in Beijing.

The intense humidity, heat and smog that were a constant in China four years ago were not a problem in England. There were some showers from time to time but fears that this would be one of the soggiest Games in history were not realized.

Athletes raved about the location of the Olympic Village, which was close to a large shopping mall, Olympic Park and several of the venues. Language, cultural differences and unfamiliar food were much less challenging compared to some of the hurdles in Beijing and at the Athens Games in 2004.

Kayaker Adam van Koeverden, who took the silver in the K-1 1,000 metres, has won medals at the last three Olympics. He said the 2012 Games were "fantastic."

"My eyes were wide open the whole time," he said. "I was just taking it all in. I'm very cognizant of the fact there are fewer great races ahead of me than there are behind me. I'm just looking forward to every single one. I want to soak them all in.

"I've got awesome memories."

His teammate Ryan Cochrane competed with Hugues Fournel in the K-2 200 and K-2 1,000 metres. Cochrane wasn't sure what to expect at the start of his first Games.

"It's just another race when you're here but everything else is kind of overwhelming — in a good way, most definitely," he said.

Many athletes raved about the team culture that pervaded the Olympic Village and Canada Olympic House, which was home to medal celebrations throughout the Games.

"As an experience on its own, it has been wonderful," said triathlete Simon Whitfield, who competed in his fourth Games. "London has done an incredible job. I had a huge disappointment in my race but every other moment has been amazing in London." THE CANADIAN PRESS

Marathon swimmer Richard Weinberger with his bronze medal on Friday. THE CANADIAN PRESS

Canada matches 2008 medals

Memorable moments, yes, but Canada's overall performance at the London Olympics was unexceptional.

The same number of medals won as 2008 with fewer gold and silver, while falling just outside the goal of a top-12 finish in the overall medal count was a lukewarm outcome.

That doesn't diminish the feats of Canada's medallists in London. On the biggest stage in sports, they rank among the world's best.

Eighteen medals put Canada 13th in the overall medal count, two behind Hungary and the Netherlands, who were tied for 11th. Canada finished with one gold, five silver and a dozen bronze.

The country won three gold, nine silver and six bronze at the 2008 Games to finish tied for 14th in Beijing.

The lone gold medal in 2012 is the fewest for Canada at a Summer Olympics since 1976, when the host country won zero in Montreal. Canada was the only country in the top 25 with fewer than two gold medals.

THE CANADIAN PRESS

Weekend in pictures

1 4x100 relay. Heartbreak for Canadian sprinting team

A single misplaced step cost Canada a bronze medal in one of the marquee events at the Olympics on Saturday. The Canadian team was disqualified from the final of the men's 4x100-metre relay after third-leg runner Jared Connaughton of New Haven, P.E.I., stepped on the line. Jamaica won gold in a world-record time of 36.84 seconds, the United States took silver in 37.04 and Trinidad and Tobago won bronze after Canada's disqualification. THE CANADIAN PRESS

2 Soccer. Mexico pulls off gold-medal stunner vs. Brazil

Mexico didn't need its top stars, the home crowd or rich tradition to win the Olympic gold medal in men's soccer on Saturday. The North American country did it with a team few believed would be contending at the end, a team that stunned the heavily favoured Brazilians with a goal just 29 seconds into the final on its way to a 2-1 victory. THE ASSOCIATED PRESS

3 Kayak. De Jonge finishes strong Olympics for Canadian paddlers

Canadian kayaker Mark de Jonge won bronze in the K-1 200-metre race on Saturday.

Britain's Ed McKeever, silver medallist at the world championships last year and former world champion, won gold in 36.246. Saul Craviotto of Spain won silver in 36.540, ahead of the 28-year-old from Halifax in 36.657. THE CANADIAN PRESS

4 Diving. Britain's Daley steals show with bronze win

American David Boudia took gold in the men's 10-metre platform Saturday, winning by 1.8 points over Qiu Bo of China. Crowd favourite Tom Daley of Britain settled for third but he felt like a winner, claiming bronze on home soil.

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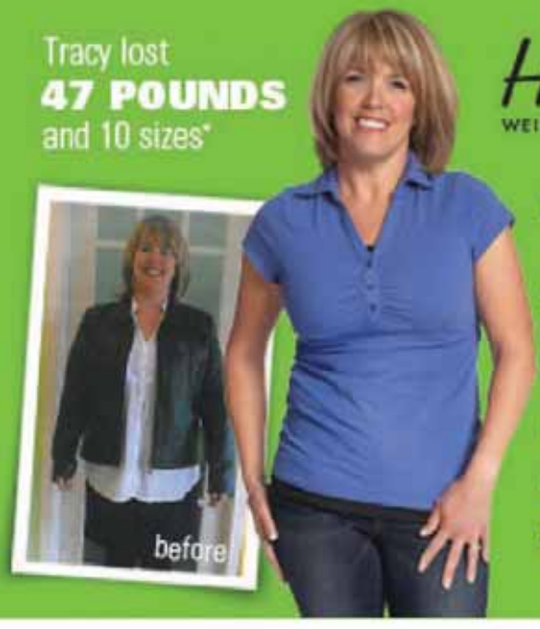

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Canadian hits and misses

Canada didn't make gains on its performance in Beijing four years ago and backslid in terms of gold medals won. The team won the same number of medals — 18 — and that wasn't enough to achieve its goal of finishing in the top 12 in the overall medal count. But of course there were still plenty of memorable moments in London. Here's a look at some of the Canadian contingent's highs and lows:

THE CANADIAN PRESS

Photos by The Canadian Press/Getty Images/The Associated Press

The good

1 Bouncing into history

Rosie MacLennan prevents a shutout in gold medals by winning women's trampoline. The 23-year-old from King City, Ont., will be one to watch in 2016.

2 Paddlers pounce on podium opportunities

The swim and canoe/kayak teams led the way with one silver and two bronze medals each.

3 Beautiful game before the bronze

Historic bronze aside, the women's soccer team produced the most memorable performance of the Olympics in defeat when they lost 4-3 in extra time to the heavily favoured U.S. in the semifinal.

The bad

4 Favourites falter on big stage

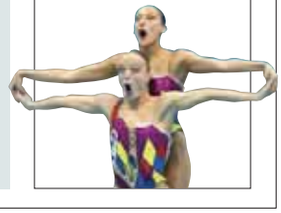
Current and former world champions Dylan Armstrong (shot put), Mary Spencer (boxing), Tara Whitten and Zach Bell (track cycling) and Catherine Pendrel (mountain bike) did not make the podium in individual events in London.

5 Rules of subtraction

Disqualifications in track-and-field and equestrian did not help Canada's cause. A seldom-used call by the referee for a time-count violation in the women's soccer semifinal ultimately led to the tying goal for the U.S.

6 Stinging near-misses

Canadians finished fourth six times. Canada was on pace for 20 with 10 medals at the halfway mark of the Games. But in a reverse of the last two Summer Games, Canada wasn't as strong in the second half.



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Volleyball

Russians finally get their gold medal

Russia won the volleyball gold medal for the first time since 1980 with a come-from-behind five-set victory over Brazil in the Olympic final.

Second-ranked Russia dropped the first two sets before denying top-ranked Brazil match point twice to spark a comeback in the 19-25, 20-25, 29-27, 25-22, 15-9 victory, paced by seven-foot-two middle blocker Dmitriy Muserskiy with 31 points.

The Russian celebration was delayed at the end when the team thought they'd won it on Muserskiy's kill, but the officials awarded the point to Brazil. Muserskiy came right back to spike match point.

The win gives the Russians four gold medals in volleyball, most of any nation. But the last time Russia was atop the podium was in Moscow, when the former Soviet Union won gold on home soil.

THE ASSOCIATED PRESS

The Russian men's volleyball team celebrates winning gold on Sunday. THE ASSOCIATED PRESS

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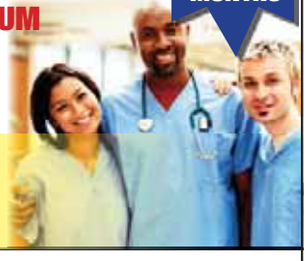

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Rosie MacLennan led Canada's youth movement at the London Olympics in bouncing to gold on the trampoline on Aug. 4. RONALD MARTINEZ/GETTY IMAGES

Young athletes give sneak peek of Rio

Optimism for 2016. Sixty per cent of Team Canada's athletes in London made their Olympic debuts and show promise for Brazil

Whether it was Rosie MacLennan bouncing to gold on the trampoline, or Derek Drouin soaring to bronze in the high jump, youth was an underlying theme in Canada's performance at the London Olympics.

The results bode well for Rio de Janeiro four years from now, where the curtain could come up on a whole new generation of Canadian stars.

"What was so exciting was the enthusiasm of the new people at the Olympic Games," said Mark Tewksbury, Canada's chef de mission. "That kind of energy was, I think, really what helped us be so relentless and be consistent through the Games and get such a nice outcome at the very end."

More than 60 per cent of the athletes on the Canadian team were making their Olympic debuts, and plenty of them came up big, promising big things for Brazil.

MacLennan, a 23-year-old from King City, Ont., who worked as a volunteer at the 2010 Vancouver Winter Games, cemented her status as Canada's new trampoline star in London when she captured Canada's only gold medal.

Her Twitter followers exploded from 900 to more than 14,000.

Milos Raonic will be one to watch in Rio. The 21-year-old from Thornhill, Ont., played his way into the history books in his second-round loss to Jo-Wilfried Tsonga. It was the longest three-set tennis match in Olympic history, their third set alone lasting three hours.

Canada's track-and-field team had 35 Olympic rookies, and it was the young athletes who shone. They included Drouin, a 22-year-old from Corunna, Ont., whose bronze was Canada's first medal in high jump since Greg Joy's silver at the 1976 Montreal Games.

Meanwhile, Richard Weinberger, a 22-year-old from Victoria, outduelled the reigning world champion over the final metres of the men's 10-kilometre marathon swim race, winning bronze in an event dominated by older athletes.

THE CANADIAN PRESS

Young guns

Other young Canadian athletes to keep an eye on:

- **Paula Findlay**, 22, triathlon (from Edmonton)
- **Damian Warner**, 22, decathlon (London, Ont.)
- **Monique Sullivan**, 23, track cycling (Calgary)

'Living legend'

Rogge gets heat over 'semantic issue'

IOC President Jacques Rogge wants to set the record straight: Usain Bolt is an "active" legend and the best sprinter ever.

Rogge raised eyebrows this week when he said Bolt needed to prove his greatness over more than two Olympics before achieving his self-proclaimed status of "living legend."

On Sunday, Rogge relented a bit and came up with a different wording for the six-time gold medallist.

"I mean this is purely a semantic issue," he said. "Let me finalize this issue as follows: To say that Usain Bolt is an active performance legend, he is an icon, he is the best sprinter of all time."

Bolt won the 100 and 200 metres at the London Olympics, becoming the first athlete to sweep both events at consecutive games, and anchored the Jamaican team to a world record in the 4x100-metre relay.

Jacques Rogge GETTY IMAGES

After the relay, Bolt said: "The next time you see him (Rogge) I think you need to ask him what Usain needs to do that no human man has ever done." THE ASSOCIATED PRESS

Final results

MEDAL STANDINGS

Final following 302 total medal events

Nation	G	S	B	Total
United States	46	29	29	104
China	38	27	22	87
Russia	24	25	33	82
Britain	29	17	19	65
Germany	11	19	14	44
Japan	7	14	17	38
Australia	7	16	12	35
France	11	11	12	34
South Korea	13	8	7	28
Italy	8	9	11	28
Netherlands	6	6	8	20
Ukraine	6	5	9	20
Canada	**1**	**5**	**12**	**18**
Hungary	8	4	5	17
Spain	3	10	4	17
Brazil	3	5	9	17
Cuba	5	3	6	14
Kazakhstan	7	1	5	13
New Zealand	5	3	5	13
Belarus	3	5	5	13
Iran	4	5	3	12
Jamaica	4	4	4	12
Kenya	2	4	5	11
Czech Republic	4	3	3	10
Azerbaijan	2	2	6	10
Poland	2	2	6	10

WHAT CANADA DID

On the weekend at the 2012 London Olympics

SUNDAY

ATHLETICS

Men's marathon — Dylan Wykes of Kingston, Ont., completed the 42-kilometre circuit in two hours 15 minutes 26 seconds to place 20th; Eric Gillis, Antigonish, N.S., was 22nd (2:16:00); and Reid Coolsaet, Hamilton, 27th (2:16:29).

CYCLING (MOUNTAIN)

Men's cross country — Geoff Kabush of Courteney, B.C., traversed the course in 1:30:43 to rank eighth — 71 seconds behind the bronze medallist; Max Plaxton, Victoria, did not finish.

MODERN PENTATHLON

Women — Melanie McCann of Mount Carmel, Ont., placed 11th overall in the event with 5,180 points; Donna Vakalis, Toronto, was 29th (4,828).

WRESTLING (FREESTYLE)

Men's 66-kilogram class — Haislan Garcia, Coquitlam, B.C., won his round-of-16 bout by points over Zalimkhan Yusupov of Tajikistan (2-0, 0-2, 2-0); was defeated in the quarter-finals by Tatsuhiro Yonemitsu, Japan (0-1, 1-0, 5-0); then eliminated with a loss in the repechage to Livan Lopez Azcuy of Cuba (1-0, 0-1, 1-0).

Men's 96-kilogram class — Khetag Pliev, Toronto, won his opening match over Javier Cortina Lacerra of Cuba (0-2, 2-2, 1-0); lost to Jacob Varner, U.S., in the quarter-finals (1-0, 1-0); and fell short in the repechage round to Kurban Kurbanov of Uzbekistan (1-0, 4-1).

CLOSING CEREMONIES

Christine Sinclair of Burnaby, B.C., who scored a tournament-best six goals — including all three in a 4-3 semifinal loss to the U.S. — in leading the women's soccer team to a bronze medal was chosen to carry the Canadian flag.

OVERALL

The 2012 team finished with eighteen (one gold, five silver, 12 bronze) to match the third-most medals won by Canada in a summer games (Barcelona, 1992, and Beijing, 2008). Rosannagh MacLennan of King City, Ont., earned the gold medal in women's trampoline.

SATURDAY

ATHLETICS

Men's 4x100 relay — Canada (Gavin Smellie, Brampton, Ont.; Oluseyi Smith, Ottawa; Jared Connaughton, New Haven, P.E.I.; and Justyn Warner, Markham, Ont.) initially won the bronze medal in 38.07 seconds but was disqualified moments later when Connaughton was called for stepping on the lane marker.

Men's 5,000 — Cameron Levins, Black Creek, B.C., finished in 14th place (13:51.87).

Women's 20-kilometre race walk — Rachel Seaman, Peterborough, Ont., placed 52nd in the event (1:37:36).

CANOE/KAYAK

CANOE

Men's singles 200 — Jason McCoombs of Dartmouth, N.S., placed fifth in the B-final (44.973; 13th overall).

KAYAK

Men's singles 200 — Mark de Jonge of Dartmouth, N.S., won the bronze medal with a time of 36.657 in a race where the top six competitors finished within 0.584 seconds of each other.

Men's doubles 200 — Ryan Cochrane, Windsor, N.S., and Emilie Fournel, Lachine, Que., were seventh in the final (35.396).

CYCLING (MOUNTAIN BIKE)

Women's cross country — Catharine Pendrel, Kamloops, B.C., was ninth (1:34:28); Emily Batty, Brooklin, Ont., was 24th (1:40:37).

DIVING

Men's 10-metre platform — Riley McCormick, Victoria, finished 11th in the final with a score of 493.35 points.

TAEKWONDO

Men's 80-plus kilograms — Francois Coulombe-Fortier, Quebec City, failed to advance following a 11-6 loss in the quarter-finals to Daba Modibo Keita of Mali.

WRESTLING (FREESTYLE)

Men's 120-kilogram class — Arjan Bhullar, Richmond, B.C., was eliminated after losing his round-of-16 match to Komeil Ghasemi of Iran, by points (1-0, 1-0).

BASKETBALL

MEN

Sunday's results
GOLD MEDAL
United States 107 Spain 100
BRONZE MEDAL
Russia 81, Argentina 77

WOMEN

Saturday's results
GOLD MEDAL
U.S. 86 France 50
BRONZE MEDAL
Australia 83 Russia 74

SOCCER

MEN

Saturday's result
GOLD MEDAL
Mexico 2 Brazil 1

VOLLEYBALL

MEN

Sunday's results
GOLD MEDAL
Russia 3, Brazil 2 (19-25, 20-25, 29-27, 25-22, 15-9)
BRONZE MEDAL
Italy 3, Bulgaria 1 (25-19, 23-25, 25-22, 25-21)

WOMEN

Saturday's results
BRONZE MEDAL
Japan 3, South Korea 0 (25-22, 26-24, 25-21)
GOLD MEDAL
Brazil 3, United States 1 (11-25, 25-17, 25-20, 25-17)

WATER POLO

MEN

Sunday's results
GOLD MEDAL
Croatia 8 Italy 6
BRONZE MEDAL
Serbia 12 Montenegro 11
FIFTH PLACE
Hungary 14 Spain 8
SEVENTH PLACE
Australia 10 United States 9

Americans fight off Spaniards for basketball gold

LeBron James and Kevin Durant of the United States react after winning the men's gold-medal basketball game against Spain on Sunday in London. The U.S. won 107-100. CHARLES KRUPA/THE ASSOCIATED PRESS

This was no Dream Team. This was reality.

The gold medal was in doubt for the U.S. men's basketball team.

The Americans led Spain by only one point after three quarters, a back-and-forth, impossible-to-turn-away-from game that almost anyone would hope for in an Olympic final.

Especially, it turns out, the U.S. players.

"We knew it wasn't going to be easy. We didn't want it easy," LeBron James said. "A lot of teams have won gold easy. We didn't want it that way. We're a competitive team, and we love when it gets tight. That's when our will and determination kind of shows. It was the same way in '08."

Same result, too.

Gold-medal game

United States	Spain
107	100

The Americans defended their title Sunday by fighting off another huge challenge from Spain, pulling away in the final minutes for a 107-100 victory and their second straight Olympic championship.

And just like 2008, the star-studded Americans had to work for this one.

The London 2012 daily magazine proclaimed them "the new Dream Team" in an article, but the real Dream Team never had a game like this 20 years ago in Barcelona. And if that means this group isn't worthy of the comparisons to Michael Jordan, Magic Johnson, Larry Bird and Co., the players had their own response.

"Everybody wants to make that comparison, but at the end of the day we're both wearing these," forward Kevin Love said, pulling on his gold medal. "That's pretty good."

Kevin Durant scored 30 points and James had 19 on a day he joined Jordan as the only players to win the NBA title, regular-season MVP, NBA finals MVP and Olympic gold in the same year.

Pau Gasol scored 24 points and Juan Carlos Navarro had 21 for Spain.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	67	47	.588	—
Tampa Bay	62	52	.544	5
Baltimore	62	53	.539	5½
Boston	57	59	.491	11
Toronto	54	60	.474	13

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	62	51	.549	—
Detroit	61	54	.530	2
Cleveland	53	62	.461	10
Kansas City	49	65	.430	13½
Minnesota	49	65	.430	13½

WEST DIVISION

	W	L	Pct	GB
Texas	67	46	.593	—
Oakland	61	53	.535	6½
Los Angeles	60	55	.522	8
Seattle	53	63	.457	15½

Sunday's results
Boston 14, Cleveland 1
Toronto 10, N.Y. Yankees 7
Baltimore 5, Kansas City 3
Chicago White Sox 7, Oakland 3
Tampa Bay 7, Minnesota 3, 10 innings
Texas 8, Detroit 3
Seattle 4, L.A. Angels 1
Saturday's results
N.Y. Yankees 5, Toronto 2
Cleveland 5, Boston 2
Kansas City 7, Baltimore 3
Oakland 9, Chicago White Sox 7
Tampa Bay 4, Minnesota 2
Texas 2, Detroit 1
Seattle 7, L.A. Angels 4
Monday's games
All times Eastern
Texas (Dempster 1-0) at N.Y. Yankees (Phelps 2-3), 7:05 p.m.
Chicago White Sox (Peavy 9-8) at Toronto (Villanueva 6-2), 7:07 p.m.
Detroit (A.Sanchez 1-2) at Minnesota (Deduno 3-0), 8:10 p.m.
Cleveland (Masterson 8-10) at L.A. Angels (C.Wilson 9-8), 10:05 p.m.
Tampa Bay (Cobb 6-8) at Seattle (Beavan 7-6), 10:10 p.m.
Tuesday's games
Boston at Baltimore, 7:05 p.m.
Texas at N.Y. Yankees, 7:05 p.m.
Chicago White Sox at Toronto, 7:07 p.m.
Detroit at Minnesota, 8:10 p.m.
Oakland at Kansas City, 8:10 p.m.
Cleveland at L.A. Angels, 10:05 p.m.
Tampa Bay at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	71	44	.617	—
Atlanta	66	48	.579	4½
New York	55	60	.478	16
Philadelphia	52	62	.456	18½
Miami	52	63	.452	19

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	69	46	.600	—
Pittsburgh	64	50	.561	4½
St. Louis	62	53	.539	7
Milwaukee	52	61	.460	16
Chicago	44	69	.389	24
Houston	38	78	.328	31½

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	52	.548	—
Los Angeles	62	53	.539	1
Arizona	58	57	.504	5
San Diego	51	65	.440	12½
Colorado	41	71	.366	20½

Sunday's results
L.A. Dodgers 5, Miami 0
Pittsburgh 11, San Diego 5
Philadelphia 8, St. Louis 7, 11 innings
Milwaukee 5, Houston 3
Cincinnati 3, Chicago Cubs 0
San Francisco 9, Colorado 6
Arizona 7, Washington 4
N.Y. Mets 6, Atlanta 5
Saturday's games
Cincinnati 4, Chicago Cubs 2
San Francisco 9, Colorado 3
Houston 6, Milwaukee 5, 10 innings
San Diego 5, Pittsburgh 0
St. Louis 4, Philadelphia 1
Atlanta 9, N.Y. Mets 3
Miami 7, L.A. Dodgers 3
Washington 6, Arizona 5
Monday's games
All times Eastern
L.A. Dodgers (Harang 7-7) at Pittsburgh (Karstens 4-2), 7:05 p.m.
Philadelphia (Hamels 12-6) at Miami (Eovaldi 3-7), 7:10 p.m.
San Diego (Stults 2-2) at Atlanta (Minor 6-8), 7:10 p.m.
Houston (Galarraga 0-2) at Chicago Cubs (Samardzija 7-10), 8:05 p.m.
Milwaukee (Fiers 6-4) at Colorado (Francis 3-4), 8:40 p.m.
Washington (G.Gonzalez 14-6) at San Francisco (Vogelsong 10-5), 10:15 p.m.
Tuesday's games
L.A. Dodgers at Pittsburgh, 7:05 p.m.
N.Y. Mets at Cincinnati, 7:10 p.m.
Philadelphia at Miami, 7:10 p.m.
San Diego at Atlanta, 7:10 p.m.
Houston at Chicago Cubs, 8:05 p.m.
Arizona at St. Louis, 8:15 p.m.
Milwaukee at Colorado, 8:40 p.m.
Washington at San Francisco, 10:15 p.m.

BLUE JAYS 10, YANKEES 7

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	2	3	2	RDavis lf	5	1	2	5
Swisher rf	5	1	2	1	McCoy 2b-ss	5	1	1	1
Teixeir 1b	4	0	1	0	Encrnc dh	4	2	3	2
Cano dh	3	1	1	2	Cooper 1b	5	0	2	1
AnJons lf	4	1	1	0	Sierra rf	5	1	3	0
Grndrs cf	4	1	1	0	Mathis c	4	2	1	1
McGeh 3b	4	0	1	1	YGoms 3b	3	1	1	0
RMartn c	4	0	0	0	Gose cf	3	1	0	0
J.Nix 2b	3	1	1	1	Hchvrr ss	3	1	1	0
ISuzuki ph	1	0	0	0	KJhnsn ph-2b	1	0	0	0
Totals	**37**	**7**	**11**	**7**	**Totals**		**38**	**10**	**14**	**10**
New York						**000**	**013**	**300**	**7**
Toronto						**100**	**630**	**00x**	**10**

DP—Toronto 1. LOB—New York 4, Toronto 7. 2B—Jeter (23), Teixeira (24), An.Jones (7), McGehee (3), J.Nix (9), R.Davis 2 (18), Encarnacion (22), Mathis (9). HR—Jeter (9), Cano (25), Encarnacion (30). SB—R.Davis (33).

New York	IP	H	R	ER	BB	SO
P.Hughes L,11-10	4	9	7	7	1	4
Igarashi	2	3	3	3	1	1
Eppley	1 2-3	1	0	0	1	3
Rapada	0	1	0	0	0	0
Chamberlain	1-3	0	0	0	0	0
Toronto						
Happ W,1-1	5 2-3	6	4	4	0	4
Lincoln	1	4	3	3	0	0
Oliver H,13	1 1-3	1	0	0	0	2
Janssen S,15-16	1	0	0	0	0	0

Rapada pitched to 1 batter in the 8th.
HBP—by Oliver (Cano). WP—Happ. PB—R.Martin.
Umpires—Home, Mike DiMuro; First, Jim Reynolds; Second, James Hoye; Third, Jim Joyce.
T—2:49. A—43,924 (49,260) at Toronto.

SATURDAY

YANKEES 5, BLUE JAYS 2

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter dh	5	0	2	1	RDavis lf	4	2	2	0
Swisher rf	4	0	0	0	Gose cf	4	0	0	0
Teixeir 1b	3	1	1	0	Encrnc dh	3	0	2	2
Cano 2b	4	0	0	0	YEscor ss	1	0	0	0
AnJons lf	3	1	0	0	Vizquel ph-3b	1	0	0	0
ISuzuki lf	0	0	0	0	Cooper 1b	4	0	0	0
Grndrs cf	3	0	0	0	Sierra rf	4	0	0	0
J.Nix ss	4	1	1	1	KJhnsn 2b	4	0	1	0
McGeh 3b	4	2	2	3	YGoms c	3	0	0	0
CStwrt c	4	0	1	0	Hchvrr 3b-ss	3	0	0	0
Totals	**34**	**5**	**7**	**5**	**Totals**	**31**	**2**	**5**	**2**
New York						**000**	**401**	**000**	**5**
Toronto						**000**	**100**	**010**	**2**

DP—New York 1. LOB—New York 8, Toronto 5. 2B—Jeter (22), McGehee (2), C.Stewart (7), R.Davis (16). HR—McGehee (1). SB—R.Davis (32).

New York	IP	H	R	ER	BB	SO
Nova W,11-6	7 1-3	5	2	2	1	10
D.Robertson H,15	2-3	0	0	0	0	0
R.Soriano S,28-30	1	0	0	0	0	1
Toronto						
Laffey L,3-3	5 2-3	7	5	5	4	2
Loup	1 1-3	0	0	0	0	1
Jenkins	1	0	0	0	0	0
Lyon	1	0	0	0	1	2

T—2:47. A—45,582 (49,260).

FRIDAY

YANKEES 10, BLUE JAYS 4

New York	ab	r	h	bi	Toronto	ab	r	h	bi
Jeter ss	5	1	2	0	RDavis lf	3	0	0	0
Swisher rf-1b	5	2	2	1	Rasms cf	4	0	1	0
Teixeir dh	5	1	1	1	Sierra rf	0	0	0	0
Cano 2b	4	2	2	1	Encrnc 1b	4	0	0	0
AnJons lf	3	1	0	0	YEscor ss	4	1	1	0
Ibanez ph-lf	1	1	1	1	Cooper dh	4	1	2	0
J.Nix 3b	4	1	1	0	KJhnsn 2b	4	1	2	2
RMartn c	3	1	1	0	Vizquel 3b	2	0	0	0
ISuzuki cf-rf	5	0	2	5	YGoms ph-3b	2	0	1	0
McGeh 1b	3	0	0	0	Mathis c	4	0	1	1
Grndrs cf	1	0	0	0	Gose rf-cf	4	1	1	0
Totals	**39**	**10**	**12**	**9**	**Totals**	**35**	**4**	**9**	**3**
New York						**021**	**000**	**034**	**10**
Toronto						**010**	**100**	**011**	**4**

E—Mathis (1), Gose (1). DP—New York 1. LOB—New York 8, Toronto 5. 2B—Swisher (27), I.Suzuki (19), K.Johnson (14). HR—Teixeira (22), K.Johnson (13). SB—Gose 2 (4). S—J.Nix.

New York	IP	H	R	ER	BB	SO
F.Garcia W,6-5	6	5	2	2	0	4
Logan H,15	2-3	0	0	0	0	1
Chamberlain H,1	1-3	1	1	1	0	0
D.Robertson	1	0	0	0	1	0
Rapada	2-3	2	1	1	0	1
Eppley	1-3	1	0	0	0	1
Toronto						
R.Romero L,8-9	7	4	3	2	3	2
Delabar	1	4	3	3	0	0
D.Carpenter	2-3	3	4	4	1	1
Lincoln	1-3	1	0	0	0	0

T—3:08. A—41,610 (49,260).

FOOTBALL

NFL PRE-SEASON

Sunday's result
Indianapolis 38, St. Louis 3
Saturday's results
Houston 26, Carolina 13
Seattle 27, Tennessee 17
Friday's results
Tampa Bay 20, Miami 7
Cincinnati 17, N.Y. Jets 6
Jacksonville 32, N.Y. Giants 31
Cleveland 19, Detroit 17
Kansas City 27, Arizona 17
San Francisco 17, Minnesota 6

CFL

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	6	3	3	0	182	198	6
Toronto	6	3	3	0	138	151	6
Montreal	6	3	3	0	164	188	6
Winnipeg	6	1	5	0	127	199	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	6	4	2	0	158	119	8
Edmonton	6	4	2	0	139	99	8
Calgary	6	3	3	0	186	174	6
Saskatchewan	6	3	3	0	175	141	6

WEEK SEVEN
Byes: B.C., Montreal, Toronto, Winnipeg
Friday's result
Edmonton 28 Saskatchewan 20
Thursday's result
Calgary 31 Hamilton 20
WEEK EIGHT
Thursday, Aug. 16
Hamilton at Winnipeg, 8 p.m.
Friday, Aug. 17
Montreal at Edmonton, 9 p.m.
Saturday, Aug. 18
Toronto at Calgary, 7 p.m.
Sunday, Aug. 19
Saskatchewan at B.C., 7 p.m.

FRIDAY

ESKIMOS 28, ROUGHRIDERS 20

First Quarter
Sask — FG DeAngelis 25 6:28
Edm — FG Shaw 23 10:45
Second Quarter
Edm — TD Koch 30 pass from Jyles (Shaw convert) 1:38
Sask — TD Willy 1 run (DeAngelis convert) 14:44
Third Quarter
Sask — TD Durant 27 run (DeAngelis convert) 6:29
Edm — FG Shaw 17 10:07
Edm — TD Burnett 44 fumble return (Shaw convert) 11:12
Fourth Quarter
Edm — Single Dales 62 0:53
Edm — TD McCarty 6 run (Shaw convert) 9:06
Sask — FG DeAngelis 17 11:34

Saskatchewan	**3**	**7**	**7**	**3**	**20**
Edmonton	**3**	**7**	**10**	**8**	**28**

Attendance — 43,178 at Edmonton.
TEAM STATISTICS

	Sask	Edm
First downs	23	18
Yards rushing	106	84
Yards passing	401	282
Total offence	507	366
Team losses	16	16
Net offence	491	350
Passes made-tried	24-35	18-24
Return yards	119	129
Intercepts-yards by	0-0	2-12
Fumbles-lost	1-1	1-0
Sacks by	2	2
Punts-average	5-45.0	6-49.2
Penalties-yards	13-90	11-70
Time of possession	31:55	28:05

Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.
INDIVIDUAL STATISTICS
Rushing: Sask — Sheets 17-78, Durant 1-27, Willy 2-1; Edm — Charles 14-67, McCarty 2-13, Jyles 1-11, Joseph 1-1, Collins 1-minus-8.
Receiving: Sask — Sheets 6-138, Dressler 5-84, Smith 4-82, Jeffers-Harris 2-38, Getzlaf 2-23, Sanders 3-19, Sisco 2-17; Edm — Stamps 7-82, Coehoorn 3-66, Carr 3-46, Carter 1-41, Koch 1-30, Collins 2-14, Charles 1-3.
Passing: Sask — Durant 24-35, 401 yards, 0 TDs, 2 ints; Edm — Jyles 18-23-282-1-0, Joseph 0-1-0-0-0.

GOLF

PGA

CHAMPIONSHIP

At Kiawah Island, S.C.
Par 72 (36-36)
Final Round

Rory McIlroy, $1,445,000	67-75-67-66—275
David Lynn, $865,000	73-74-68-68—283
Justin Rose, $384,500	69-79-70-66—284
Keegan Bradley, $384,500	68-77-71-68—284
Ian Poulter, $384,500	70-71-74-69—284
Carl Pettersson, $384,500	66-74-72-72—284
Blake Adams, $226,000	71-72-75-67—285
Jamie Donaldson, $226,000	69-73-73-70—285
Peter Hanson, $226,000	69-75-70-71—285
Steve Stricker, $226,000	74-73-67-71—285
Ben Curtis, $143,286	69-76-73-67—286
Bubba Watson, $143,286	73-75-70-68—286
Tim Clark, $143,286	71-73-73-69—286
Geoff Ogilvy, $143,286	68-78-70-70—286
Graeme McDowell, $143,286	68-76-71-71—286
Tiger Woods, $143,286	69-71-74-72—286
Adam Scott, $143,286	68-75-70-73—286
John Daly, $99,667	68-77-73-69—287
Padraig Harrington, $99,667	70-76-69-72—287
Bo Van Pelt, $99,667	73-73-67-74—287
Seung-yul Noh, $72,667	74-75-74-65—288
Robert Garrigus, $72,667	74-73-74-67—288
Joost Luiten, $72,667	68-76-75-69—288
Louis Oosthuizen, $72,667	70-79-70-69—288
Pat Perez, $72,667	69-76-71-72—288
Jimmy Walker, $72,667	73-75-67-73—288
Thorbjorn Olesen, $51,900	75-74-71-69—289
Jason Dufner, $51,900	74-76-68-71—289
Miguel Angel Jimenez, $51,900	69-77-72-71—289
Marc Leishman, $51,900	74-72-71-72—289
Trevor Immelman, $51,900	71-72-70-76—289
Luke Donald, $42,625	74-76-74-66—290
John Senden, $42,625	73-74-72-71—290
Greg Chalmers, $42,625	70-76-72-72—290
Bill Haas, $42,625	75-73-69-73—290

LPGA

JAMIE FARR TOLEDO CLASSIC

At Sylvania, Ohio
Par 72 (34-37)
Final Round

So Yeon Ryu, $195,000	67-68-67-62—264
Angela Stanford, $119,765	66-70-69-66—271
Chella Choi, $77,045	66-67-70-69—272
Inbee Park, $77,045	69-65-69-69—272
Jennie Lee, $49,178	69-70-67-67—273
I.K. Kim, $49,178	69-67-66-71—273
Mika Miyazato, $34,753	66-68-69-71—274
Jiyai Shin, $34,753	69-67-66-72—274
Beatriz Recari, $27,868	70-66-70-69—275
Hee Kyung Seo, $27,868	68-66-68-73—275
Stacy Lewis, $22,310	68-69-73-66—276
Karine Icher, $22,310	66-69-71-70—276
Jacqui Concolino, $22,310	68-68-69-71—276
Hee-Won Han, $22,310	68-67-70-71—276
Lindsey Wright, $18,010	69-68-73-67—277
Sandra Gal, $18,010	69-71-68-69—277
Jeong Jang, $18,010	68-70-69-70—277
Natalie Gulbis, $15,650	69-71-69-69—278
Karin Sjodin, $15,650	73-68-68-69—278
Pernilla Lindberg, $15,650	64-71-70-73—278
Na Yeon Choi, $13,770	70-71-70-68—279
Sydnee Michaels, $13,770	69-68-72-70—279
Amy Yang, $13,770	67-73-69-70—279
Mo Martin, $13,770	69-72-67-71—279
Taylor Coutu, $11,387	71-71-70-68—280
Kristy McPherson, $11,387	72-69-71-68—280
Janice Moodie, $11,387	68-72-72-68—280
Mi Jung Hur, $11,387	71-66-74-69—280
Brittany Lang, $11,387	70-71-70-69—280
Numa Gulyanamitta, $11,387	66-72-72-70—280
Jennifer Johnson, $8,119	70-68-74-69—281
Candie Kung, $8,119	69-70-73-69—281
Cindy LaCrosse, $8,119	69-72-71-69—281
Reilley Rankin, $8,119	72-70-70-69—281
Laura Davies, $8,119	68-74-69-70—281
Brittany Lincicome, $8,119	69-73-69-70—281

TENNIS

ATP

ROGERS CUP

At Toronto
Sunday's results
Singles — Championship
Novak Djokovic (1), Serbia, def. Richard Gasquet (14), France, 6-3, 6-2.
Doubles — Semifinals
Bob and Mike Bryan (2), United States, def. Jurgen Melzer, Austria, and Leander Paes (5), India, 6-3, 6-4.
Marcel Granollers and Marc Lopez (8), Spain, def. Robert Lindstedt, Sweden, and Horia Tecau (4), Romania, 7-6 (10), 7-5.
Championship
Bob and Mike Bryan (2), United States, def. Marcel Granollers and Marc Lopez (8), Spain, 6-1, 4-6, 12-10 tiebreak.

WTA

ROGERS CUP

At Montreal
Sunday's results
Singles — Semifinals
Li Na (10), China, def. Lucie Safarova (16), Czech Republic, 3-6, 6-3, 7-5.
Petra Kvitova (5), Czech Republic, def. Caroline Wozniacki (7), Denmark, 3-6, 6-2, 6-3.
Doubles — Championship
Klaudia Jans-Ignacik, Poland, and Kristina Mladenovic, France, def. Nadia Petrova, Russia, and Katarina Srebotnik (3), Slovenia, 7-5, 2-6, 10-7 tiebreak.

SOCCER

MLS

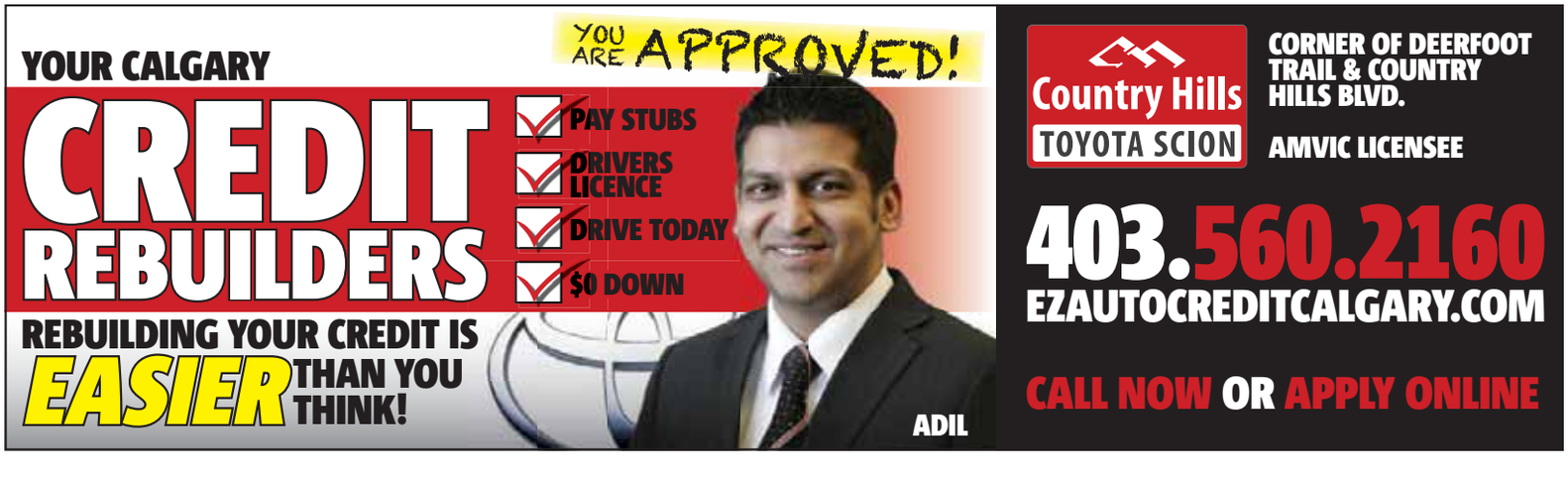
EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	24	13	7	4	30	22	43
New York	24	12	7	5	40	34	41
Houston	24	11	6	7	35	27	40
Chicago	23	11	7	5	28	25	38
Montreal	26	10	13	3	36	43	38
D.C. United	22	11	8	3	36	29	36
Columbus	20	8	8	4	20	21	28
Philadelphia	21	7	12	2	23	27	23
New England	23	6	12	5	26	29	23
Toronto	22	5	13	4	25	40	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	24	14	5	5	47	29	47
Real Salt Lake	25	13	9	3	36	30	42
Seattle	23	10	6	7	32	24	37
Vancouver	24	10	7	7	28	29	37
Los Angeles	24	10	11	3	39	39	33
Chivas USA	20	7	8	5	14	21	26
Dallas	25	6	11	8	29	34	26
Colorado	24	8	15	1	31	35	25
Portland	22	5	12	5	20	37	20

Note: Three points for a win, one for a tie.
Sunday's results
Chicago 3 Philadelphia 1
Montreal 1 New England 0
Los Angeles at Chivas USA
Saturday's results
Vancouver 2 Real Salt Lake 1
Kansas City 2 D.C. United 1
Dallas 3 Colorado 2
San Jose 2 Seattle 1
Toronto at Columbus (rescheduled to Aug. 22 due to Columbus player funeral)
Friday's result
New York 2 Houston 0



Horoscopes

♈ Aries
March 21 - April 20
Someone you love will be a bit touchy today, and for no apparent reason. The good news is their negative attitude won't last long – in fact, by the time the sun goes down they will be all over you again.

♉ Taurus
April 21 - May 21
For some strange reason you are reluctant to make the kind of decision that usually comes so easily to you. You may not know why you are suddenly so timid but, for the moment, it's the right thing to be.

♊ Gemini
May 22 - June 21
Are you living beyond your means? If so today's lunar eclipse of Venus, planet of value, in the money area of your chart will help you see where you need to make savings. It shouldn't be too traumatic.

♋ Cancer
June 22 - July 23
There are times when your feelings build up to such an extent that you have to let them out, and such a time is now. Whether they come out in a positive or a negative way is though a matter of choice.

♌ Leo
July 24 - Aug. 23
Go easy on yourself today, especially if something does not work out the way you expected. It's not the end of the world – in fact if you analyze what happens you will make success next time more likely.

♍ Virgo
Aug. 24 - Sept. 23
You may be angry that you made a bad decision but you are human like everyone else, so don't be too hard on yourself. Use this setback to motivate yourself to try again. There's always a next time.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, is eclipsed by the moon today, which means you will have to make a conscious effort not to get emotional. Also, don't be judgmental when dealing with people whose way of life you don't approve of.

♏ Scorpio
Oct. 24 - Nov. 22
You will be confronted by some kind of injustice today and you will have to decide whether to get personally involved. Chances are you will. You just can't stand to see unfairness triumph.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn that someone, somewhere is trying to deceive you. The fact that this is a person you trust implicitly makes the situation doubly dangerous. Be on your guard.

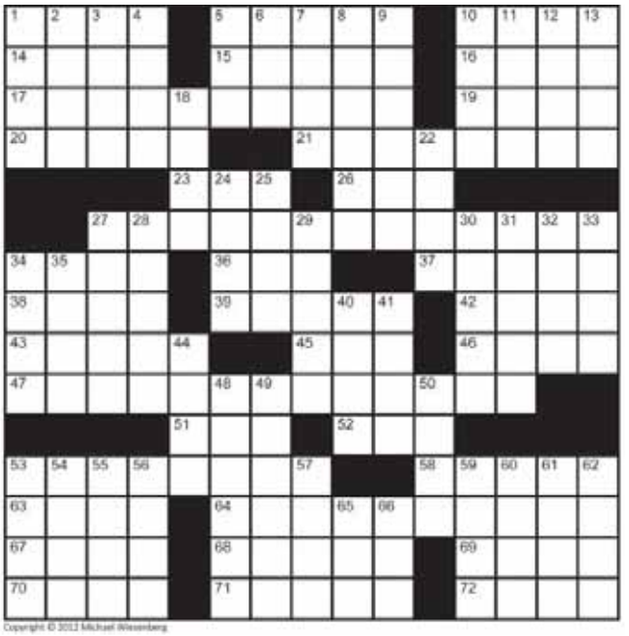
♑ Capricorn
Dec. 22 - Jan. 20
Where money is concerned there can be no room for sentiment or personal feelings today, because that will put you at a disadvantage. Whatever decisions you make they must be based on logic and common sense only.

♒ Aquarius
Jan. 21 - Feb. 19
Refuse to get upset if things don't go your way. Yes, of course, it's unfair that you are struggling when others have got it easy but these things run in cycles.

♓ Pisces
Feb. 20 - March 20
Don't give ground on an issue that is causing you a lot of grief because there is a principle at stake here. Others do not have the right to demand that you embrace their values. Remind them of that fact — loudly.
SALLY BROMPTON

Crossword: Olio

BY MICHAEL WIESENBERG



Across
1. Croat neighbor
5. Deep-voiced opera singer
10. Canadian force
14. Industry mogul
15. Emulate 39-Across
16. "The low-priced spread"
17. Montréal-based 2011 Juno Album of the Year winner (2 wds)
19. See 39-Across
20. Actor George who played Mr. Sulu on Star Trek
21. It became a province in 1949, and quit having a separate name in 2001
23. ___-mo: video effect
26. Leading dye brand
27. Montréal-born jazz pianist who wrote "Canadiana Suite" (2 wds)
34. 30-day mo.
36. Many a CEO's deg.
37. Flour might go through it
38. Adjective for babies and puppies
39. With 19-Across, "Catch a Falling Star" singer, 1958
42. Police crisis team acronym
43. Operatic solos
45. Also
46. Slippery fish
47. Montréal-born hockey great Maurice (2 wds)
51. Wide shoe size
52. [Help!]
53. Annual Calgary event
58. Online loan source
63. Opera set on 61-Down
64. Maritime Province (2 wds)
67. Bird food
68. Cuts with scissors, as a coupon
69. Idiot
70. Orson Welles's Citizen ___
71. Barks
72. Olympic fencer's weapon

Down
1. "Shoo!"
2. Poet ___ Pound
3. Adjustable oven feature
4. Scottish hillside
5. Letters used in dating
6. Bark in the comics
7. Make dirty
8. "And what is ___ as a day in June?" (2 wds)
9. 0 or 1 to a programmer (2 wds)
10. Almond ___: toffee candy
11. Blockhead
12. Short note
13. Destitute
18. Computer storage
22. These are found on maps: abbr.
24. Rub one for a genii
25. "Be he alive ___ he dead": "Fe Fi Fo Fum" (2 wds)
27. Eye nerve
28. Chateaubriand
29. ___ Québécois
30. Step part
31. Did needlepoint
32. Racetrack shape
33. Takes home, as salary
34. Wound result, sometimes
35. 100 cents, overseas
40. Mythical birds
41. National Park just across Alberta-BC border from Banff
44. Barely flow
48. Itsy-bitsy
49. Decorated anew
50. "Be with you in ___!" (2 wds)
53. Alta. neighbor
54. "___ Yellow Ribbon Round the Ole Oak Tree" (2 wds)
55. Mideast Gulf
56. Fashioned
57. Badness
59. Be ominous
60. On
61. World's longest river
62. Actress Hudson or Winslet
65. "Killer" PC program
66. Air leak sound

Friday's crossword

What's online

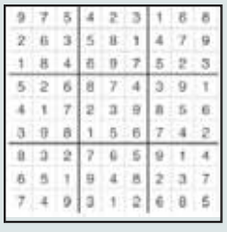
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2			8		1			7
	5		3		9		6	
		8				5		
		9	2		5	3		
3								1
		4	1		6	9		
		1				6		
	4		5		8		2	
8			9		7			4

Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 29° MIN: 11°	MAX: 15° MIN: 12°	MAX: 18° MIN: 7°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

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